



Boulder Parks & Recreation

summer 2017

Summer Camps Inside!



Register Today (begins May 2)

Summer Camps | Fitness | Gymnastics
Swimming | Tennis | Yoga & More!

BoulderParks-Rec.org

WHAT'S HAPPENING

Welcome to beautiful summertime in Boulder!

Explore and learn more about the latest news, project updates and fun events at Boulder Parks & Rec this season.



Boulder Community Cleanup Day (+Kids to Parks Day!)

Help beautify some of Boulder's most loved public spaces and neighborhood parks in the morning with our annual Community Cleanup Day volunteer event and then celebrate National Kids to Parks Day at your favorite park in the afternoon. This year marks the 15th anniversary of Boulder's Community Cleanup Day. Volunteer check-in and day of sign-up begins at 8:30 a.m. with a variety of work projects (and locations) from 9 a.m. to noon. To pre-register, please visit BPRvolunteer.org.

Boulder Creek Festival:

Memorial Day Weekend, Friday, May 27 - Monday, May 29

Join us Memorial Day weekend and explore the city's famous Boulder Creek Festival®. For 30 years, the Festival has been the unofficial kickoff to summer in Boulder. This year's Festival is expanding into a smaller space due to the Civic Area Construction. However, you'll still find the event packed with 500 vendors showcasing everything from community arts and crafts to healthier alternatives and technology while three performance spaces feature a spectrum of music and dance. For more information, visit bceproductions.com.



EXPAND Ducks Taking the Year Off

As major construction continues at the Civic Area, the EXPAND Duck Race, which traditionally caps off the Boulder Creek Festival, will take the year off. During this hiatus, staff of this popular fundraiser for the EXPAND program (which provides recreation opportunities for members of the community living with disabilities) may conjure up alternative fundraising opportunities. We'll keep you posted!



Nature Play

Nature play promotes regular, interactive contact with our natural environment and outdoor spaces. Celebrate summer by bringing out the natural adventurer in your child through our weekly Nature Play



in the Civic Area drop-in sessions. These informal parent-child meet-up play sessions are held every Monday and Wednesday from 9 to 11 a.m., June 5 - August 16. Location: Boulder Creek near the Library. Learn more at BoulderParks-rec.org > nature play

SummerFest 2017

Join us for an afternoon of movement, music, magic and hands-on activities designed to be nature-inspired, educational and fun for all ages! This year, SummerFest will be in a new location at Central Park and the Glen Huntington Band Shell. Join us Saturday, July 29 from 1 to 5 p.m. at this popular event presented by the Boulder Public Library and Boulder Parks and Recreation Department; free and open to the public.



Bandshell Boogie

Get ready to dance and meet new friends at Bandshell Boogie, a weekly summer dance gathering in downtown Boulder. Join us June 12 through July 31 (no Boogie July 3) on Mondays from 7:30 to 9 p.m. at the Glen Huntington Band Shell for a rockin' good time presented by The Center for Transformative Movement and BPR! Each casual, kid-friendly evening is crafted by local DJs encompassing many music genres, including ecstatic, disco, funk, soul, club and pop. Stay for 20 minutes or the whole evening!



Expanded Year-Round Hours for South Recreation Center

Now enjoy using your neighborhood gym, pool and workout equipment during these extended hours year-round!

Monday -Thursday, 6 a.m. to 9:30 p.m.

Friday, 6 a.m. to 8 p.m.

Saturday & Sunday, 8 a.m. to 5 p.m.

Art Show: Youth Services Initiative (YSI)

From paintings to pottery, the creativity of our youth will astound you! Join us May 1 from 5 to 7 p.m. at North Boulder Rec Center for the 2017 YSI Art Show reception featuring the creative talent of Boulder's youth; admission is free. Through a series of six, weekly art classes, young artists learn art education, engage critical thinking skills and develop creative outlets to express themselves. Over 50 pieces based around the theme of "What Home Means To Me" will

be available for purchase that will support YSI programs. This show celebrates youth art, culture and collaboration with partners like Boulder Housing Partners, Pottery Lab and PoshSplat Art Studio. The exhibit will be on display May 2 through May 31.



Goat Extravaganza with Goat Yoga

Saturday, May 13 • 10 a.m.-12 p.m.

Boulder Reservoir (near Pro Hill volleyball courts)

FREE

Join us for a morning of weed-munching, goat petting and even goat yoga (!) while our herd of furry friends control non-native plants at the Rez. Mingle with the goats for some natural family fun or expand your yoga practice with this uniquely fun, photogenic experience.

Goat yoga sessions limited to 25 each, requires pre-registration.

Two sessions: 10-10:30 a.m. and 10:45-11:15 a.m.

More info: BoulderParks-Rec.org



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Stay Informed with FREE eNews!

Want to learn more about the latest classes, events, community meetings, weather or construction-related closures and more? Join our eNews list. It's easy, just visit us online at www.boulderparks-rec.org and subscribe to the list that interests you most and start enjoying up-to-date Parks & Rec news.

Follow us on Twitter & Like us on Facebook!

Get the latest news, special offers and information.

Follow us at: twitter.com/boulderparksrec

Like us at: facebook.com/boulderparksrec



FUN SUMMER ACTIVITIES

Free or inexpensive fun activities to do in Boulder!

• Visit the City of Boulder's Flagstaff Nature Center!

Only open during summer and fall months, the center is a great place to learn more about the history, wildlife and plants of Boulder's Open Space and Mountain Parks.

• Check out a Nature Discovery Pack from the Ranger Cottage at Chautauqua Park!

These free packs include scavenger hunts, magnifying glasses, field guides and more to take a closer look and explore nature while embarking on a hike along this trail. Just bring an ID card to leave at the cottage while you have the pack.

• Shopping on the Pearl Street Mall

may not be free, but enjoying the beautiful flowers, views and pop jet fountain certainly are! Grab your suit and cool off in the water jets when the days are hot.

• Relax at Eben G. Fine Park

on a sunny Colorado day! The park's stream bank restoration was completed in June 2016 making it an awesome spot to enjoy a picnic while the kids roam the playground's climbing structures and nature play opportunities.

• Kids age 12 and under - Grab your fishing Pole and Head to Evert Pierson Kids' Fishing Pond!

Since 1949, the Boulder Fish and Game Club has stocked this pond, managed by BPR.

• Beach Volleyball in Boulder?

You bet! Bring your volleyball, sunscreen, water and head to Harlow Platts Community Park for some good old fashion sand volleyball. While you are there, save some time to play a round of disc golf too! Or check out the great sand courts at Boulder Reservoir and behind North Boulder Rec Center.

Financial Assistance



Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.



North Boulder Recreation Center

3170 Broadway • 303-413-7260

- Lap/Leisure Pool*
- Classes/Gymnastics
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis/Platform Tennis

Mon.-Thu. 6am-9:30pm
Fri. 6am-7:30pm
Sat. 6:30am-7pm
Sun. 7:30am-8pm

*Pool closes 30 minutes before center.

1 Valmont Bike/Dog Park/Disc Golf,
Valmont & Airport Rd.

2 Reservoir, 5565 N. 51st. St. • 303-441-3461

3 Foothills Community Park,
800 Cherry Ave.

4 Scott Carpenter Park,
1505 30th St.

5 Flatirons Golf Course,
5706 Arapahoe • 303-442-7851

6 Iris Center, 3198 Broadway • 303-413-7200

7 Salberg Center & Park, 19th & Elder

8 Central Park, 1236 Canyon Blvd.

N North Boulder Rec Center, 3170 Broadway
303-413-7260

E East Boulder Community Center & Park,
5660 Sioux Dr. • 303-441-4400

S South Boulder Rec Center & Harlow Platts
Community Park, 1360 Gillaspie
303-441-3448

South Boulder Recreation Center

1360 Gillaspie • 303-441-3448

- Lap Pool*
- Classes
- Fitness Equipment
- Basketball/Racquetball
- Sand Volleyball
- Tennis

Mon.-Thu. 6am-9:30pm
Fri. 6am-8pm
Sat./Sun. 8am-5pm

*Pool closes 30 minutes before center.

East Boulder Community Center

5660 Sioux Dr. • 303-441-4400

- Lap/Leisure Pool*
- Classes
- Fitness Equipment
- Basketball/Climbing Wall
- Sand Volleyball
- Tennis/Outdoor Handball
- Dog Park

Mon.-Fri. 5:30am-9:30pm
Sat. 7:30am-6pm
Sun. 8:30am-8pm

*Pool closes 30 minutes before center.





Did you know?

The 133-acre Flatirons Golf Course property was purchased by the city in May 1936. The parcel, located east of 55th along Arapahoe Avenue, was acquired for \$12,000 from the First Congregational Church. A nine-hole course, built by workers using only mules, wheelbarrows and hand tools opened in 1938, the product of President Roosevelt's Works Progress Administration (WPA). Initially branded Boulder Municipal Sports Center, the course had no trees or automated irrigation system. An additional nine-holes were completed in 1948.

The property eventually sported a clubhouse, tennis courts and a swimming pool and was managed by various entities as "Flatirons Country Club" and "Angel Pines Country Club" until 1986, when the city reclaimed operation to improve public access to golf.

Today, Flatirons boasts more than 1500 mature trees, water features, lush, challenging fairways and immaculately maintained greens. The historic, 18-hole course is popular among area golfers for its ample shade, classic feel and scenic Flatiron and Continental Divide views. Recent improvements have enhanced the experience for entry-level to advanced players by adding many new bunkers and tee-boxes, offering players five range options from 4,700 to 7,000 yards of play.

The course is also Audubon International-certified for its use of environmentally-sustainable, wildlife-friendly management practices – so you don't have to compromise your values to enjoy a great round of golf. Songbirds, owls, geese, ducks, foxes and other wildlife periodically entertain guests.

While the pool, tennis courts and clubhouse (removed after the 2013 flood) are gone, the city is now seeking public-private partners for a restaurant, brew pub or like gathering place to further enhance and broaden the course's community benefit.

In the winter, the course has hosted the U.S. Cross Country National Championships three times, attracting thousands of runners and spectators to this truly green space near the heart of Boulder. This summer we're introducing a series of womens golf nights – pairing golf with great wines, live music and local food.

Summer is a great time for a round of golf, lesson or driving range practice. Flatirons provides an ideal course (and instructional staff) for young people to learn the game, aspiring golfers to improve their game and lifetime players to enjoy their favorite sport.

To book a tee time or learn more about women's nights, the Junior Golf Program or the public-private partnership opportunity, visit:

FlatironsGolf.com or call 303-442-7851.

Boulder Community Cleanup Day

Saturday, May 20
9-11 a.m.



Volunteer

Join fellow community members for the 15th annual Community Clean-Up Day and help keep Boulder Clean and Green. This one-day, annual volunteer event rallies hundreds of volunteers across the city. Participants help with park beautification, tree plantings, creek cleanups, trail restorations, graffiti removal and more. Community Clean-Up Day includes over a dozen cleanup sites in the City of Boulder.

Sign up to volunteer online at
BoulderCommunityDay.org or call 303-413-7245



Weekend at Valmont

Saturday, June 10 - Sunday, June 11

ValmontBikePark.com

Take a Kid Mountain Biking Day

June 10 • 9-11 a.m.

Valmont Bike Park Plaza

Free clinics • bike decorating
rock wall • face painting • bike demos
giveaways • short track race & more!

Dog Park Expo

June 10 • 10 a.m. - 12 p.m.

Valmont Dog Park

Enjoy an expo put on by various dog
related organizations.

Disc Golf Tournament

June 11 • 10 a.m.

Valmont Disc Golf Course

Registration will be available beginning
at 8:30 a.m., Tuesday, May 2.

Entry Fees

Boulder Parks & Recreation offers three unique recreation facilities, two outdoor pools and the Boulder Reservoir, plus multiple fee options and a ton of activities!

Resident vs. Non-resident Fees: The prices listed are the resident rates/non-resident rates. Residents who live within city limits receive a discounted rate as well as employees of businesses and organizations located within the city. If you need help determining your fee status, please call 303-413-7260.

Annual Pass

Seniors (60+)	\$369(R)/\$489(NR)
Adults (19-59)	\$552(R)/\$689(NR)
Youth (3-18)	\$274(R)/\$363(NR)

- First adult family member of the household (19-59) pays full price; additional family members pay half price!
 - All members of the family must live at the same address in the same household. Passes must be purchased at the same time to receive discounted rate.
- Includes unlimited use of outdoor pools and recreation centers; open swim and gym, drop-in fitness/yoga, weight room, racquetball/handball and platform tennis courts, sauna, lockers, fishing and swimming at Boulder Reservoir.
- Complimentary towels at rec centers.
- Racquets for indoor racquetball.
- 10% savings on one class per season (as available one week before class begins), register in person.

Monthly Billing -

	Initial	11 Payments
Seniors (60+)	\$76(R)/\$86(NR)	\$31(R)/\$41(NR)
Adults (19-59)	\$91(R)/\$103(NR)	\$46(R)/\$58(NR)
Youth (3-18)	\$68(R)/\$76(NR)	\$23(R)/\$31(NR)
Family	\$119(R)/\$137(NR)	\$74(R)/\$92(NR)

- Fees rounded to nearest dollar
- Monthly passes may be purchased by an automatic monthly credit card charge.
- Payments are stopped upon request, no prorated refunds.

Family Annual Pass

\$885(R)/\$1105(NR)

- Family members living at the same address.
- See Annual Pass benefits above.
- Monthly billing option available (see above).

Daily Drop-In

Seniors (60+)	\$5.75
Adults (19-59)	\$7.50
Youth (3-18)	\$4.50

- Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.

40 Punch Pass

Seniors (60+)	\$176(R)/\$191(NR)
Adults (19-59)	\$235(R)/\$255(NR)
Youth (3-18)	\$144(R)/\$159(NR)

20 Punch Pass

Seniors (60+)	\$94(R)/\$106(NR)
Adults (19-59)	\$125(R)/\$133(NR)
Youth (3-18)	\$77(R)/\$85(NR)

10 Punch Pass

Seniors (60+)	\$49(R)/\$52(NR)
Adults (19-59)	\$66(R)/\$69(NR)
Youth (3-18)	\$41(R)/\$46(NR)

- Punch passes include open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries.
- Punch passes expire two years after purchase date.

Twilight Pass

\$163(R)/\$203(NR)

- Pass valid for all recreation facilities Monday-Friday 7 p.m. to closing. Valid Saturday and Sunday after 4 p.m. at East, North, outdoor pools and Reservoir; after 2 p.m. at South.
- Twilight pass valid ONLY during these times. Entry at other times requires use of punch pass or drop-in fee.

One Month Pass

\$65(R)/\$75(NR)

- Valid for 30 days from purchase date.
- See Annual Pass benefits.

Public & Alternative Transportation:

Get a jump start on your workout by biking or walking to the facility! Bike racks are located at each entrance. (B-cycle station is available at the North Rec Center.) Convenient bus routes are available to each of the recreation facilities and outdoor pools.



- No contracts.
- No initiation or start up fees.
- Unlimited in and out privileges.
- Quick & easy check-in.

Kids' Corner Child Care

Ages 6 months to 9 years

\$25/month unlimited childcare pass with an adult annual pass

Daily drop-in per 90 minutes:

First Child:	\$6.50
Add'l Child:	\$3.50

Punch Cards:

\$58.50	10 visits (\$5.85/visit)
\$110.50	20 visits (\$5.50/visit)
\$195	40 visits (\$4.90/visit)

- Add 30 minutes for \$2 (Ages 2+)



Kid's Corner Hours:

East	North
M/W: 2:30-6:30 pm	M-F: 8:45am-1:30pm
F/Sa: 8:30am-1:30 pm	Tu/Th: 2:30-6:30pm

Camps



Spend your summer having fun and staying active with friends!

Bear Peak Adventure Camps

Register online at BoulderParks-Rec.org



Outdoor Living Skills

(Ages 6-11) Discover how to prepare for the great outdoors by learning orienteering skills, how to build and start a fire without a match, knot tying skills, water filtration, and much more about surviving the outdoors.

7022	6/5-6/9	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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The Nature Around Us

(Ages 6-11) Enjoy the vibrant outdoors while putting your skills to the test in building outdoor shelters, examining wildlife around the area, hiking local trails and exploring Viele Lake.

7023	6/12-6/16	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Experiments

(Ages 6-11) Campers will explore through hands-on-experiments including slime, designing and building water rockets, volcanoes, and much more!

7024	6/19-6/23	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Hiking

(Ages 6-11) Love hiking? Come explore the trails in south Boulder and learn how to navigate a map and compass, learn outdoor living skills, and what leave no trace means with opportunities to go on 1/2 day as well as full-day hikes.

7025	6/26-6/30	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Outdoor Sports

(Ages 6-11) Learn about outdoor sports with hands on activities such as, rock climbing, hiking, canoeing, disc golf, fishing and more.

7026	7/10-7/14	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Wet & Wild

(Ages 6-11) Discover the world of water. Go goop scooping, learn the water cycle, play drip, drip, drop, and meet animals that call watery places their home. Campers will also have the opportunity to cool off with some classic water games, and relays!

7027	7/17-7/21	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Nature Detectives

(Ages 6-11) Come unravel some of nature's secrets with us. Campers will dig into the mysteries of nature by separating fact from fiction. Campers will gain a better understanding about nature and the science of mystery itself. Put on your Sherlock Holmes hat for the day and come get dirty, sticky and wet in the hunt of the truth!

7028	7/24-7/28	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Nature's Creatures

(Ages 6-11) This week campers will learn the role animals play in our ecosystem and how they are a vital part of our society. Come learn about the animals we find in the Boulder area, from dogs, to Mountain lions, children will learn what scat is, how to identify footprints, and even dissect an owl pellet.

7029	7/31-8/4	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Chaos is Bliss

(Ages 6-11) Come join us as we wrap up the summer in Nature! This is a campers inspired week, they are the counselors, campers are in charge of the activities we do, and will be calling the shots (within reason). Come hike, slackline, paly camouflage, do science experiments, and have fun as we say see you later to friends we have made over the summer.

7030	8/7-8/11	M-F, 8:30am-4:30pm	South	5	\$263/\$329
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Register online at BoulderParks-Rec.org

Camps

Dance Camps

*Register for Dance Camps online at KinesisDance.com
Kinesis Dance Studio, 5603 Arapahoe Ave. • 720-515-6268



Preschool Dance Camp

(Ages 3½-5) Come and explore the magical world of dance through creative movement and play. This camp will ignite your child's imagination through dance activity and crafts.

*	7/31-8/3	M-Th, 9am-12pm	Kinesis	4	\$125/\$156
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Dancing Days

(Ages 4-5) Discover creative movement, hip hop, jazz and ballet in a fun environment designed specifically for the 4 and 5 year old dancer. Each day we'll explore a different dance concept through movement exploration, games and crafts. A dance performance will be held on the last day.

*	6/12-6/15	M-Th, 9am-12pm	North	4	\$125/\$156
*	7/24-7/27	M-Th, 9am-12pm	East	4	\$125/\$156

Dance Camp

Sample a variety of dance techniques including hip hop, jazz, and creative movement in a fun environment. Campers will create crafts to help explore and investigate dance concepts. There will be a small presentation on the last day. Participants will be split into two groups according to age.

(Ages 6-8)

*	6/19-6/23	M-F, 9am-12pm	North	5	\$155/\$194
*	7/31-8/3	M-Th, 9am-12pm	Kinesis	4	\$125/\$156

(Ages 9-12)

*	6/19-6/23	M-F, 9am-12pm	North	5	\$155/\$194
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Musical Theater Dance Camp

(Ages 6-12) Campers will explore the process of creating a scene in musical theater through singing, dancing and acting. There will be a small presentation on the last day.

*	7/10-7/14	M-F, 9am-1pm	Kinesis	5	\$175/\$220
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Beginning Dance Camp

(Ages 11+)

*	6/5-6/9	M-F, 10am-3pm	Kinesis	5	\$300/\$375
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Intermediate Dance Camp

(Ages 10-18) This dance camp is for the young dancer who has at least 2 years of dance training. Classes will include Contemporary, Jazz, Hip Hop, Ballet and more.

*	6/5-6/9	M-F, 10am-3pm	Kinesis	5	\$300/\$375
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*Register for Dance Camps online at KinesisDance.com
Kinesis Dance Studio, 5603 Arapahoe Ave. • 720-515-6268



Gymnastics Camp

Register online at BoulderParks-Rec.org or call 303-413-7270.
Info: Gymnastics at 303-413-7265.



Summer Recreational Gymnastics Camp

(Ages 5-12) Bounce, tumble, swing, balance, play games, make friends, swim and more! Beginner through advanced gymnasts will have the opportunity to learn, challenge themselves, and have fun in our state of the art facility that includes three trampolines, two foam pits, a trapeze, rope swing, as well as the usual vault, bars, beam floor, pommel horse, parallel bars, high bar, and rings. This gymnastics camp offers a great introduction to the sport, and a great way to continue learning at all levels. Campers will be grouped by age and ability. If you've never tried gymnastics, or if you've been tumbling for years, this camp promises a great experience.

7350	7/10-7/14	M-F, 9am-12pm	North	5	\$189/\$236
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BOULDER PUBLIC LIBRARY 2017 SUMMER READING PROGRAM



READ for prizes.
VISIT for activities.
Ages 0-18

For more information |
Para más información:
boulderlibrary.org/summer-reading
303-441-3100



BOULDER
PUBLIC LIBRARY

May 31 – July 31

Camps



Drama Camps

*Register at bdtAcademy.org or call 303-449-6000 x193



Fairy Tale Fun

(Ages 5-12) Campers will share their favorite Fairy Tales and write and perform their very own plays based on their imagination.

*	5/30-6/2	T-F, 8:30am-4:30pm	Salberg	4	\$250
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Princesses, Knights and Mystical Creatures

(Ages 5-12) In a make believe world of Princesses and Castles our young actors will write and perform their own plays while designing their own costumes and sets.

*	6/5-6/9	M-F, 8:30am-4:30pm	Salberg	5	\$250
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Riddles, Rhymes, and Reading

(Ages 5-12) Campers will write and perform their own plays using original Riddles and Rhymes.

*	6/12-6/16	M-F, 8:30am-4:30pm	Salberg	5	\$250
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Dr. Seuss

(Ages 5-12) Reading and sharing all their favorite Dr. Seuss characters, campers will write and perform their own plays while designing their own costumes and sets.

*	6/19-6/23	M-F, 8:30am-4:30pm	Salberg	5	\$250
*	7/24-7/28	M-F, 8:30am-4:30pm	Salberg	5	\$250

Fairy Tales & Fantasy

(Ages 5-12) Moving from Fairy Tales into Fantasy, campers will expand on the magical theme of Fairy Tales and write and perform their own plays while designing their own costumes and sets.

*	6/26-6/30	M-F, 8:30am-4:30pm	Salberg	5	\$250
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Poems & Plays

(Ages 5-12) Poems and plays will come to life as campers create their own adaptations and perform them for family and friends.

No camp July 4.

*	7/3-7/7	M/W/Th/F, 8:30am-4:30pm	Salberg	4	\$250
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Fancy Nancy

(Ages 5-12) Who could dream of a better way to spend a week than in a Fancy Nancy dream? Campers will write and perform their own plays while designing their own costumes and sets.

*	7/10-7/14	M-F, 8:30am-4:30pm	Salberg	5	\$250
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Christmas in July

(Ages 5-12) Campers will use their imagination to write a play based on a wonderful Christmas in July.

*	7/17-7/21	M-F, 8:30am-4:30pm	Salberg	5	\$250
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Fairy Tales, Forests & Fanciful Fun

(Ages 5-12) Campers will use their imagination to write a play based on Fairy Tales that grow out of the wonder of the forest and all the fanciful fun you can have in nature.

*	7/31-8/4	M-F, 8:30am-4:30pm	Salberg	5	\$250
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Animal Stories

(Ages 5-12) Animal stories will come to life as campers create their own adaptations and perform them for family and friends.

*	8/7-8/11	M-F, 8:30am-4:30pm	Salberg	5	\$250
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Kidz Kamp East

Register at BPRcamps.org or call 303-413-7270



Wizardry Wonders

(Ages 5-11) This theme was so popular last year that we HAD to bring it back! Come join us as we kick off the summer exploring the wonders of wizardry! Group games include Quidditch (Kidz Kamp style), Giants, Wizards and Elves, mind reading, and much more! Don't forget your wands for this incredible week of fun!

6038	5/30-6/2	Tu-F, 8am-5:30pm	East	4	\$200/\$250
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Summer Fiesta

(Ages 5-11) Vamos de fiesta! Let's party! Campers will try their luck at hitting the piñata, playing fiesta inspired games and dancing to some of our camp favorite songs like the Macarena!

6040	6/5-6/9	M-F, 8am-5:30pm	East	5	\$250/\$313
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Survivor

(Ages 5-11) Which camper or team will be the last one standing? Throughout the week campers will team up to complete daily challenges and adventures. Challenges will include canoe races, obstacle courses, slack line challenges and much more!

6041	6/12-6/16	M-F, 8am-5:30pm	East	5	\$250/\$313
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Wet, Wild & Wonderful

(Ages 5-11) It's not summer camp without a little water fun! Bring your swimsuits and get ready for some wacky water games, balloon tosses and more!

6042	6/19-6/23	M-F, 8am-5:30pm	East	5	\$250/\$313
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OOPY GOOPY

(Ages 5-11) We are going to get CAMP Messy this week! Come join us for some pie roulette, shaving cream hairstyles, head dunking, the egg drop challenge and much more oopy goopy fun!

6043	6/26-6/30	M-F, 8am-5:30pm	East	5	\$250/\$313
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Holiday Hullabaloo

(Ages 5-11) Come join the Holiday fun!! Celebrate Valentine's day, Halloween, and New Year's... and who knows what else we might come up with! Bring your costume for the Halloween Monster Mash dance! ***No camp July 4**

6044	7/3-7/7	M/W/Th/F, 8am-5:30pm	East	4	\$200/\$250
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Movin' & Groovin'

(Ages 5-11) Come move and groove through the week with us! Freeze dance dodgeball, limbo, electric slide, are just a few of the dances and games we will play. Music can make everything better and more exciting!

6045	7/10-7/14	M-F, 8am-5:30pm	East	5	\$250/\$313
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Sports of All Sorts

(Ages 5-11) This week at camp we will celebrate sports! Different sports will be played from our playground, to the turf fields, to the gym or and the rock wall. Discover new games, laugh and grow, learning traditional and new games from charades to live action Pac Man and GA GA Ball. Campers will stay active, connect with new and old friends by team building activities.

6046	7/17-7/21	M-F, 8am-5:30pm	East	5	\$250/\$313
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Counselor Concoctions

(Ages 5-11) This is a counselor inspired week! From Cats Corner, to Mission Impossible, campers will go through the week playing all the camp counselor favorites! But wait...we can't let the counselors have all the fun! At the end of the week campers who earn the most tickets will get the option to pie a counselor of their choice.

6047	7/24-7/28	M-F, 8am-5:30pm	East	5	\$250/\$313
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Kidz Kamp's Got Talent

(Ages 5-11) Celebrate our talented Kidz Kampers with our annual Camp talent show. Campers will have the opportunity to create, plan and perform with friends and counselors. Participate in your own unique way, weather your talent is dancing, singing, shooting hoops, or art. Family and friends are invited to come watch the talent show!

6048	7/31-8/4	M-F, 8am-5:30pm	East	5	\$250/\$313
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Camp LOUD, Camp PROUD!

(Ages 5-11) Prepare to have a spectacular week immersed in fun! Activities and games will include creating team flags, playing capture the flag, and the infamous color wars!

6050	8/7-8/11	M-F, 8am-5:30pm	East	5	\$250/\$313
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Friends Forever

(Ages 5-11) It's that time again, time to part with all of our friends and counselors! Campers and staff will celebrate the week with camper favorite activities, games and crafts. Don't miss out on the grand finale as we say see ya later to Summer 2017 but stay friends forever!

6053	8/14-8/15	M-Tu, 8am-5:30pm	East	2	\$100/\$125
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Do You Need Help Paying For Camp?

New to our Kidz Kamp East & North - the Child Care Assistance Program (CCAP)

The City of Boulder is offering a limited number of Boulder County "CCAP" spots in Kidz Kamp East and North for children ages 5-11 years old. To qualify for CCAP, families need to meet both income and activity requirements, camp child must also be a US citizen or permanent resident. Other restrictions apply.

Contact Elizabeth at 303-928-0821 or egroneberg@bouldercounty.org for a "pre-screening" and more information. Pre-screening does not guarantee a CCAP authorization; final determination of eligibility will be made within 30 days of starting camp.

Visit us online at Bouldercountychildcare.org



Counselors in Training (CIT)

(Ages 12-15) Do you have a camper who loved the experience and wants to become a camp leader?

Our CIT program is new and improved this summer! CIT's will become leaders, build new skills, and have a summer of a lifetime.

CIT's will participate in the daily camp activities while practicing the skills and responsibilities of a City of Boulder staff counselor. While having fun, CIT's will also learn life skills, teamwork and a strong work ethic. All CIT's are required to attend a week of CIT training and a minimum of 3 weeks of field work at our East Boulder Community Center Kidz Kamp.

We encourage all CIT's to take complete responsibility for this process themselves, by calling with any questions regarding the program, completing the application themselves and most of all completing and returning the paperwork personally.

If interested all CIT's are required to apply by completing an application and an interview with the Camp Program Coordinator.

Please contact Molly Langerak at 303-413-7441 or langrakm@bouldercounty.org for an application.

CIT Training plus 3 weeks of field work \$300
(additional weeks \$100 per week)

Camps



Keep your kids active all summer with any of our great Kidz Kamps now offered at East and North.

Kidz Kamp North

Register at BPRcamps.org or call 303-413-7270



Campout!

(Ages 5-11) Come join us for team building activities, traditional camp crafts, marshmallow art, and tie dye, It's a campout out, day camp style!

6937	6/5-6/9	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Under the Big Top

(Ages 5-11) This week will be filled with crazy carnival games, mini clown school, magic, and laughs. Practice juggling, learn a new card trick, and get your face painted.

6956	6/12-6/16	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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It's a Jungle Out There

(Ages 5-11) Our imaginations will take us deep into the jungle, we will practice climbing on our portable slackline, hunt for insects, make a tropical treat, and cool off in our pool each afternoon.

6967	6/19-6/23	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Shipwrecked Scavenge

(Ages 5-11) Hunt for pirate treasure, capture a mermaid, and investigate the mysteries of the deep sea through games, challenges and camp crafts.

6968	6/26-6/30	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Down & Dirty

(Ages 5-11) Join us for a week of messy muddy mayhem, we will play in the mud, craft with clay, and enjoy everything that is 'dirty'. ***No camp July 4**

6969	7/3-7/7	M/W/Th/F, 8:30am-4:30pm	North	4	\$217/\$271
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Mission Impossible

(Ages 5-11) Blast off for a week of team missions, space science, and out of this world experiments and projects.

6970	7/10-7/14	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Fantasy, Fables, & Folklore

(Ages 5-11) Play giants, wizards, and elves, build an elf home, help paint a fantasy mural, this week we plan to get lost in the magic.

6972	7/17-7/21	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Get a Move On!

(Ages 5-11) Lets run, play, and stay active all day! This week will be jam packed with sports, crazy group games, and healthy snacking projects.

6973	7/24-7/28	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Where the Wild Things Are

(Ages 5-11) Get your creative juices flowing, and join us as we jump into your favorite fictional stories. This week we will create our own comics, act out our own stories, and make up our own games to play, just remember your imagination.

6974	7/31-8/4	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Mystery Madness

(Ages 5-11) Anything goes and you never know what you're going to get, follow clues, solve a mystery, search, explore and discover all the fun to be had on our last days of summer vacation.

6975	8/7-8/11	M-F, 8:30am-4:30pm	North	5	\$271/\$339
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Goats and Gardens Camp

Register at BPRcamps.org or call 303-413-7270



(Ages 6-11) Spend an active week exploring the wonders of Growing Gardens Children's Peace Garden, get to know the goats at Mountain Flower Goat Dairy and finish off the day by swimming at the North Boulder Recreation Center. In the Children's Peace Garden, we will investigate the secret world of insects, create art from nature and explore the wondrous plants while making new friends. We'll grow and taste from the famous salsa garden and cook pizza with the power of the sun. At Mountain Flower Goat Dairy, we will learn how to get to know the Goats and Llamas. Campers will have the chance to walk the goats on leashes, feed the babies and make cheese from goat milk, all while learning livestock management and the farm-to-table cycle.

6991	6/12-6/16	M-F, 8:30am-4:30pm	Iris	5	\$305/\$381
6992	6/19-6/23	M-F, 8:30am-4:30pm	Iris	5	\$305/\$381
6993	7/10-7/14	M-F, 8:30am-4:30pm	Iris	5	\$305/\$381
6994	7/24-7/28	M-F, 8:30am-4:30pm	Iris	5	\$305/\$381
6995	7/31-8/4	M-F, 8:30am-4:30pm	Iris	5	\$305/\$381
6996	8/7-8/11	M-F, 8:30am-4:30pm	Iris	5	\$305/\$381

FULL - Now waitlisting

City of Boulder Water Sports Camp

Register at BPRcamps.org or call 303-413-7270

(Ages 7-14) Water is like language. Learn it young and you'll enjoy a lifetime of nautical pleasures. Held at the 700-acre Boulder Reservoir, this camp offers a variety of recreational water sports including but not limited to, stand up paddle boarding, kayaking, canoeing, sailing, swimming and playing at the Reservoir beach. Our water sports camp is a great introduction to water sports and the skills needed to enjoy them safely, in a friendly, fun environment. While we cannot control the weather, we're prepared with plenty of off-water activities and group play when necessary. Come join us as we SUP, canoe, and sail the summer away!

7011	6/12-6/15	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7012	6/19-6/22	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7013	6/26-6/29	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7010	7/3-7/6	M/W/Th, 8:30am-4:30pm	Reservoir	3	\$218/\$273
7014	7/10-7/13	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7015	7/17-7/20	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7016	7/24-7/27	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7017	7/31-8/3	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7018	8/7-8/10	M-Th, 8:30am-4:30pm	Reservoir	4	\$291/\$364
7020	8/14-8/15	M-Tu, 8:30am-4:30pm	Reservoir	2	\$146/\$182

Community Sailing of Colorado Camps

*Register at CommunitySailing.org



COMMUNITY SAILING
OF COLORADO

Little Puffs Camps

(Ages 5-7) This camp is for our youngest sailors and introduces sailing, water safety and boating through fun games and activities. This is a great introduction to how to have fun and be safe on the water. Participants should bring a lunch, bathing suit, towel, change of clothes, hat, sunscreen, sunglasses and water shoes. This camp fills up fast!

*	6/5-6/7	M-W, 9am-3:30pm	Reservoir	3	\$285
*	6/19-6/23	M-F, 9am-3:30pm	Reservoir	5	\$425
*	6/26-6/30	M-F, 9am-3:30pm	Reservoir	5	\$425
*	7/5-7/7	W-F, 9am-3:30pm	Reservoir	3	\$285
*	7/17-7/21	M-F, 9am-3:30pm	Reservoir	5	\$425
*	7/24-7/28	M-F, 9am-3:30pm	Reservoir	5	\$425
*	7/31-8/2	M-W, 9am-3:30pm	Reservoir	3	\$285
*	8/7-8/11	M-F, 9am-3:30pm	Reservoir	5	\$425
*	8/14-8/16	M-W, 9am-3:30pm	Reservoir	3	\$285

Learn to Sail Camps

(Ages 8-17) New campers become sailors in 1 week! Skills are taught through experiential learning both on and off the water. The course will teach rigging, capsize recovery, safety, basic boat handling, terminology and having fun. STEM-based lessons enhance this well-rounded beginner experience.

*	6/5-6/7	M-W, 9am-3:30pm	Reservoir	3	\$300
*	6/12-6/16	M-F, 9am-3:30pm	Reservoir	5	\$445
*	6/19-6/23	M-F, 9am-3:30pm	Reservoir	5	\$445
*	6/26-6/30	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/5-7/7	W-F, 9am-3:30pm	Reservoir	3	\$300
*	7/10-7/14	M-F, 9am-3:30pm	Reservoir	5	\$445

*	7/17-7/21	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/24-7/28	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/31-8/2	M-W, 9am-3:30pm	Reservoir	3	\$300
*	8/7-8/11	M-F, 9am-3:30pm	Reservoir	5	\$445
*	8/14-8/16	M-W, 9am-3:30pm	Reservoir	3	\$300

Intermediate Sailing Camps

(Ages 8-17) The next step in a sailor's progression, for those who graduated from our Learn To Sail Camp or that have previous sailing experience. Strengthen basic skills and become proficient sailing all points of sail. Practicing tacking, jibing, sail trim, boat handling, knot tying, review of weather recognition and capsize recovery.

*	6/5-6/7	M-W, 9am-3:30pm	Reservoir	3	\$300
*	6/12-6/16	M-F, 9am-3:30pm	Reservoir	5	\$445
*	6/19-6/23	M-F, 9am-3:30pm	Reservoir	5	\$445
*	6/26-6/30	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/5-7/7	W-F, 9am-3:30pm	Reservoir	3	\$300
*	7/10-7/14	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/17-7/21	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/24-7/28	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/31-8/2	M-W, 9am-3:30pm	Reservoir	3	\$300
*	8/7-8/11	M-F, 9am-3:30pm	Reservoir	5	\$445
*	8/14-8/16	M-W, 9am-3:30pm	Reservoir	3	\$300

Introduction to Advanced Sailing Camps

(Ages 8-12) For those who have mastered the basics of sailing, in this class sailors will strengthen sailing skills and focus on boat handling, right of way, sailing in all conditions under control and skipper responsibilities. This camp is perfect for anyone ready to sail fast!

*	6/12-6/16	M-F, 9am-3:30pm	Reservoir	5	\$445
*	6/26-6/30	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/17-7/21	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/31-8/2	M-W, 9am-3:30pm	Reservoir	3	\$300
*	8/14-8/16	M-W, 9am-3:30pm	Reservoir	3	\$300

Advanced Sailing Camps

(Ages 13-17) Proficient sailors develop higher level skills and gain that competitive edge. Campers sail age appropriate racing boats designed for their skill level and size. A great camp for sailors interested in sailing at a higher level or eventually joining the Junior Race Team.

*	6/19-6/23	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/5-7/7	W-F, 9am-3:30pm	Reservoir	3	\$300
*	7/24-7/28	M-F, 9am-3:30pm	Reservoir	5	\$445
*	8/7-8/11	M-F, 9am-3:30pm	Reservoir	5	\$445

Stand Up Paddleboard + Windsurfing + Sailing Camp

(Ages 8-17) Learn to harness the power of the wind in more ways than one. This combo camp is great for an intro to multiple water sports. Campers test their balance on a board with a paddled and under sail. Perfect for a young adventurer looking to expand their water skills through adventure, games and challenges.

*	6/5-6/7	M-W, 9am-3:30pm	Reservoir	3	\$300
*	6/12-6/16	M-F, 9am-3:30pm	Reservoir	5	\$445

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Camps

*	6/19-6/23	M-F, 9am-3:30pm	Reservoir	5	\$445
*	6/26-6/30	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/5-7/7	W-F, 9am-3:30pm	Reservoir	3	\$300
*	7/17-7/21	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/24-7/28	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/31-8/2	M-W, 9am-3:30pm	Reservoir	3	\$300
*	8/7-8/11	M-F, 9am-3:30pm	Reservoir	5	\$445
*	8/14-8/16	M-W, 9am-3:30pm	Reservoir	3	\$300

Junior Race Team

(Ages 8-12) Once you've mastered the basics, it's time to test your skills on the race course. Designed just for Junior Sailors looking to begin racing. This class will develop intermediate sailboat racing skills and introduce topics including boat speed, strategy and boat handling. Teras or Optis will serve as the boat of choice for instruction. Be ready to travel to other lakes for competition!

*	6/15-8/17	Th, 4-7pm	Reservoir	9	\$325
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High School Sailing

(Ages 13-17) For students in grades 8-12. Learn the finer points of sailing and racing a c420, FJ or Laser with a team. Challenge yourself to a new level and refine skills of rigging and tuning, maneuvers, and skipper/crew communication. Sailing can help you get into the college of your choice. Colleges look for students who are academically qualified and who have demonstrated a passion for something extracurricular.

*	6/15-8/17	Th, 4-7pm	Reservoir	9	\$325
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Junior Sailing Instructor In Training Camp (JSIT)

(Ages 11-17) Prerequisites: Intermediate Camp or Higher. Get the proper training and instruction on how to be an effective and qualified JSIT. JSITs are an integral part of our summer program as they assist our Instructors in nearly every capacity of camp. Learn how to help facilitate instruction in a productive, supportive and safe manner. This training course is mandatory for anyone interested in becoming a JSIT.

*	6/12-6/16	M-F, 9am-3:30pm	Reservoir	5	\$445
*	7/10-7/14	M-F, 9am-3:30pm	Reservoir	5	\$445

*Register at CommunitySailing.org



Skyhawks Sports Camps

*Register at skyhawks.com/colorado or 303-222-8039



Mini-Hawks (Soccer, Baseball & Basketball)

(Ages 4-6) This program was developed to give 4 to 6 year-olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace.

*	6/5-6/9	M-F, 9am-12pm	East	5	\$145
*	6/19-6/23	M-F, 9am-12pm	Foothills Park	5	\$145
*	6/26-6/30	M-F, 9am-12pm	South	5	\$145
*	7/17-7/21	M-F, 9am-12pm	East	5	\$145
*	7/31-8/4	M-F, 9am-12pm	East	5	\$145

Soccer Camp

(Ages 6-12) Developed over 35 years ago, this is still the number one soccer camp for parents looking to introduce their children to the fundamentals of the world's most popular sport. Using our progressional curriculum, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer.

*	6/5-6/9	M-F, 9am-12pm	East	5	\$145
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Lacrosse Camp

(Ages 7-12) Athletes will learn all the fundamentals of stick handling, cradling, passing, and shooting in a fun, non-checking environment. This progressional, skill-building program is designed for the beginner to intermediate player. *Participants must provide their own equipment which includes protective head gear (goggles for girls, helmet for boys), gloves and stick. Lacrosse equipment is available for rent online at www.skyhawks.com for \$29. Limited quantities available. First-come first-served.*

*	6/19-6/23	M-F, 9am-12pm	Foothills Park	5	\$145
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Beginning Golf Camp

(Ages 5-8) Skyhawks golf focuses on building the confidence of young athletes through proper technique, and refining the essential skills of the game. Campers will learn the fundamentals of swinging, putting, and body positioning. Skyhawks uses the SNAG system of teaching (Starting New At Golf - snaggolf.com). SNAG is specifically designed for the entry-level player; SNAG simplifies instruction so young players can make an easy and effective transition onto the golf course. All equipment provided.

*	7/10-7/14	M-F, 9am-12pm	Foothills Park	5	\$145
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Flag Football Camp

(Ages 6-12) The perfect introduction to "America's Game." Campers learn skills on both sides of the football including the core components of passing, catching, and defense - all presented in a fun, safe and positive environment.

*	7/24-7/28	M-F, 9am-12pm	East	5	\$145
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Tennis Camps

Register at BPRcamps.org or call 303-413-7270



Gonzo Tennis Summer Clinics

(Ages 5-16) A good combination of exercises, tennis games, other sports, and activities on the court to help students improve their game in a fun & safe environment.

Info: Gonzo at 720-480-0249 or gonzo@gonzotennis.com

Weather information: 303-441-3410, press 1 then 5.

6921	6/5-6/9	M-F, 9am-12pm	East	5	\$195/\$244
6922	6/12-6/16	M-F, 9am-12pm	East	5	\$195/\$244
6923	6/19-6/23	M-F, 9am-12pm	East	5	\$195/\$244
6924	6/26-6/30	M-F, 9am-12pm	East	5	\$195/\$244
6926	7/10-7/14	M-F, 9am-12pm	East	5	\$195/\$244
6927	7/17-7/21	M-F, 9am-12pm	East	5	\$195/\$244
6928	7/24-7/28	M-F, 9am-12pm	East	5	\$195/\$244
6929	7/31-8/4	M-F, 9am-12pm	East	5	\$195/\$244
6930	8/7-8/11	M-F, 9am-12pm	East	5	\$195/\$244

Bike Skills Camp

*Register at Avid4.com or call 720-249-2412



Bike Skills Camp at Valmont Bike Park

(Entering Grades 2-11)

Valmont Bike Park Skills Camp offers youth the opportunity to explore this world-renowned facility in an instruction-based program. During the week participants learn skills through increasingly challenging activities, exercises, and differing terrain, while also developing as a team. Kids will have a chance to experience the Pump Tracks, Dirt Jumps, Slope Style, Single Track, X-Country, and more.

- Participants will be divided into groups of 7 or less; must be able to ride 2-wheeler.
- Extended care 8am-5:30pm available (fees at Avid4.com). Extended care campers get extra riding time out in the park.
- Daily lunch option is available.
- Special Park Bikes and protective gear (required) can be rented for an additional fee.

Info: Avid4 Adventure, vbp@avid4.com or call 720-249-2412.

All camps are held weekly at Valmont Bike Park, 5275 Valmont Rd.

*	5/30-8/18	M-F, 9am-3pm	Valmont	5	\$409 per/wk
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Fall after school programs available in September & October.



Boulder Rock Club Camp

*Register at BoulderRockClub.com or call 303-447-2804
Boulder Rock Club, 2829 Mapleton Ave.



Rock Climbing & Slack Line Camp

(Ages 6-13) Join The Boulder Rock Club for a fun indoor rock climbing and slack line experience. The Boulder Rock Club's expert instructors will teach essential safety skills, climbing and slack line technique in a fun, supportive, and motivating environment. Camps are designed to challenge climbers of all abilities. Each camp will accommodate individual needs while helping to develop teamwork and leadership skills. Curriculum is specific to each age and skill level to motivate and challenge each climber.

Camp meets Mon. and Tues. at the East Boulder Community Center, and Wed. through Fri. at the Boulder Rock Club.

Info: Boulder Rock Club at 303-447-2804

*	6/5-6/9	M-F, 9am-3pm	East/BRC	5	\$395
*	6/26-6/30	M-F, 9am-3pm	East/BRC	5	\$395
*	7/17-7/21	M-F, 9am-3pm	East/BRC	5	\$395
*	7/31-8/4	M-F, 9am-3pm	East/BRC	5	\$395

Disc Golf Camp

*Register for Boulder Youth Disc Golf at Discgolfcamps.com or call 303-641-2975



Boulder Youth Disc Golf

(Ages 11-14) Boulder Youth Disc Golf camp offers youth the opportunity to explore the emerging sport of disc golf. During the week participants learn skills in the basic and finer points of disc golf, use toys like gliders and boomerangs to further explore flight, and practice a routine for proper warm up and self care for throwing sports. The environment of disc golf is one of exploration, mutual support, enthusiasm and achievement. Participants will have a chance to learn and perfect their short-range, mid-range and long-range abilities, apply these on the course, and emerge as complete and competent players. Equipment will be provided.

*	6/19-6/23	M-F, 9am-1pm	Valmont	5	\$180
*	7/17-7/21	M-F, 9am-1pm	Harlow	5	\$180

Locations: Valmont Park Disc Golf Course, Valmont Rd. & Airport Rd.
Harlow Platts Park, 1360 Gillaspie Dr.

Camps

USA Ultimate Camps

*Register for USA Ultimate Day Camps at usultimate.org/camps



USA Ultimate Day Camps

Learn to play one of the fastest growing field sports in America from the world leader- USA ULTIMATE! Ultimate is all about fun & inclusion – we play numerous games to develop disc fundamentals, athletic skills, teach rules of the game and always highlight teamwork and sportsmanship over winning-at-all costs. Camps are great for new and experienced players; you only need running shoes or soccer-style cleats. All camp participants receive a camp t-shirt and disc. (Lunch will be provided for the full day camp only.)

USA Ultimate Elementary Camp

Ages 7-10

*	6/12-6/15	M-Th, 9am-1pm	East	4	\$165
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USA Ultimate Middle School Camp

Ages 11-14

*	6/19-6/22	M-Th, 9am-4pm	East	4	\$265
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*Register for USA Ultimate Day Camps at usultimate.org/camps



Play-Well TEKologies

*Register at Play-well.org or call 720-515-7309

Camps are held at the Valmont Farm House, 3160 Airport Rd.

Super Hero Engineering using Lego®

(Ages 5-6) Save the world with LEGO® Super Heroes! Build the hideouts and vehicles of your favorite caped crusaders and learn what makes them not only Super Heroes, but Super Hero Engineers!

An experienced Play-Well instructor guides young heroes as they design, build, and save a city where ingenuity and imagination can solve any conflict.

*	6/12-6/16	M-F, 9am-12pm	Valmont	5	\$178
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Super Hero Master Engineering using Lego®

(Ages 7-12) LEGO® Super Heroes need your help to defeat the destructive forces of evil archvillains as they threaten LEGOPolis! Explore the tools and techniques of your favorite caped crusaders and learn what makes them not only Super Heroes, but super engineers. An engineering curriculum designed by Play-Well challenges heroes to design, build, and save a city where ingenuity and imagination can solve any conflict.

*	6/12-6/16	M-F, 1-4pm	Valmont	5	\$178
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Minecraft Engineering

(Ages 5-6) Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO or a seasoned veteran, you'll be hooked on the endless creative possibilities.

*	7/17-7/21	M-F, 9am-12pm	Valmont	5	\$178
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Minecraft Master Engineering

(Ages 7-12) Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO.

*	7/17-7/21	M-F, 9am-12pm	Valmont	5	\$178
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Robo WeDo

(Ages 7-8) Build and program robots in this introductory Robotics class using the LEGO® WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors. This is a great way to prepare young Robotics enthusiasts for our more advanced Robotics programs.

*	7/31-8/4	M-F, 9am-12pm	Valmont	5	\$200
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Robotics Using Lego® EV3

(Ages 9-13) Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Work in small groups, program and build your robot, and rise to the challenge. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Projects are structured so that students work in an open-ended, investigative environment while having fun.

*	7/31-8/4	M-F, 1-4pm	Valmont	5	\$200
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*Register at Play-well.org or call 720-515-7309



Studio Arts Boulder Pottery Camps

*Register at Studioartsboulder.org > Programs
Camps are held at the Pottery Lab, 1010 Aurora Avenue.

Handbuilding Camps

Through fun projects, practice hand building and sculpting in clay!

Pet Monsters

(Ages 6-8)

*	6/26-6/30	M-F, 9am-12pm	Pottery	5	\$180
*	7/31-8/4	M-F, 9am-12pm	Pottery	5	\$180

Gardening in Clay

(Ages 6-8)

*	6/5-6/9	M-F, 9am-12pm	Pottery	5	\$180
*	7/17-7/21	M-F, 9am-12pm	Pottery	5	\$180

Fairy Tale Friends

(Ages 6-8)

*	6/19-6/23	M-F, 9am-12pm	Pottery	5	\$180
*	7/10-7/14	M-F, 9am-12pm	Pottery	5	\$180

Student's Choice

(Ages 6-8)

*	6/12-6/16	M-F, 9am-12pm	Pottery	5	\$180
*	8/7-8/11	M-F, 9am-12pm	Pottery	5	\$180

Harry Potter

(Ages 9-12)

*	6/5-6/9	M-F, 1-4pm	Pottery	5	\$180
*	7/31-8/4	M-F, 1-4pm	Pottery	5	\$180

Dinosaurs

(Ages 9-12)

*	6/19-6/23	M-F, 1-4pm	Pottery	5	\$180
*	7/10-7/14	M-F, 1-4pm	Pottery	5	\$180

The Story of You

(Ages 9-12)

*	6/26-6/30	M-F, 1-4pm	Pottery	5	\$180
*	7/17-7/21	M-F, 1-4pm	Pottery	5	\$180

Student's Choice

(Ages 9-12)

*	6/12-6/16	M-F, 1-4pm	Pottery	5	\$180
*	8/7-8/11	M-F, 1-4pm	Pottery	5	\$180

Wheel Throwing Camps

Learn basic skills on the wheel. Throw, trim, decorate and glaze!

(Ages 8-12)

*	6/5-6/9	M-F, 1-4pm	Pottery	5	\$195
*	7/17-7/21	M-F, 1-4pm	Pottery	5	\$195

(Ages 13-16)

*	6/26-6/30	M-F, 1-4pm	Pottery	5	\$195
*	8/7-8/11	M-F, 1-4pm	Pottery	5	\$195

Studio Art Camps

(Ages 9-12) Want to design and create your own jewelry? How about your own T-shirt or poster?

Jewelry-Making

*	7/24-7/28	M-F, 9am-12pm	Pottery	5	\$195
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Printmaking

*	7/24-7/28	M-F, 1-4pm	Pottery	5	\$195
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*Register at Studioartsboulder.org > Programs

Aquatics



Swim lessons can begin a lifelong progression of aquatic activity and safety for your child.

Important!

Registration for swim classes close one week prior to the first class meeting. Classes with low enrollment will be cancelled one week before their start date. Make-ups are not given for missed classes.

Swim Lessons Information

We would like you to have a great swimming lesson experience. If you are unsure of the level you should register for, please contact Chris Lawson, Water Safety Coordinator, lawsonC@bouldercolorado.gov to schedule a free assessment.

Schedules Available Online

In an effort to conserve paper we are asking patrons to view schedules online. Online schedules are always the most up-to-date and reflect any changes made, BoulderAquatics.org.

Group Reservation Policy

Groups of 10 or more must call ahead and make a group reservation. We reserve the right to refuse admission to any group without a reservation. To make reservations, please visit us online at BoulderAquatics.org

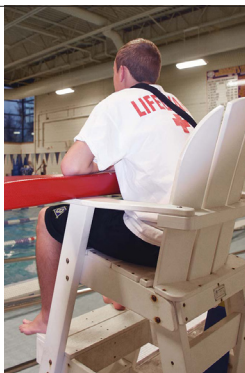


WANTED - Lifeguards & Swim Lesson Instructors

Are you reliable, energetic, and hardworking? Join our team of professional lifeguards and swim instructors. Flexible hours, competitive wages, and great benefits. Previous experience is preferred, but not required.

See pg. 15 for training opportunities.

Apply online at BoulderColorado.gov



Private & *Semi-Private Swim Lessons

Swimmers of all levels will benefit from private swim instruction! Sign up today by filling out the online form at BoulderAquatics.org. After filling out the form you will be contacted by an instructor within 72 hours to set up the lessons. Once your lessons are scheduled you can go to any indoor recreation facility to pay for them. *If the private lesson is cancelled within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time, client may be charged for the session.*

Instructor Levels:

Level A - Instructor with 5+ years teaching experience

Level B - Instructor with less than 5 years teaching experience

30 minute lesson	Level A	Level B
1 class	\$40	\$32
3 classes	\$114	\$90
6 classes	\$216	\$174
12 classes	\$384	\$288

60 minute lesson	Level A	Level B
1 class	\$62	\$47
3 classes	\$174	\$132
6 classes	\$330	\$252
12 classes	\$588	\$444

*Semi-private lessons are half price for additional participants (up to 2).

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.



Swim Lessons Under 3 Yrs Old

Jelly Monkey

(Ages 6-36 mos.) Parent or guardian must accompany the child into the water and participate. Class Focus: Developing swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around the water.

7357	6/5-6/28	M/W, 6:10-6:40pm	8	North	\$48/\$61
7592	6/6-8/1	Tu, 6:10-6:40pm	8	East	\$48/\$60
7596	6/8-8/3	Th, 5:00-5:30pm	8	East	\$48/\$61
7778	6/5-6/16	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7798	6/19-6/30	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7861	7/10-8/2	M/W, 6:10-6:40pm	8	North	\$48/\$61
7886	6/6-6/29	Tu/Th, 10:40-11:10am	8	East	\$48/\$60
7887	7/11-8/3	Tu/Th, 10:40-11:10am	8	East	\$48/\$60
7897	6/3-7/29	Sa, 11-11:30am	8	East	\$48/\$61

Small Group Swim Lessons Ages 3-6

Small Group classes provide a more personalized interaction with instructors, running in a semi-private format of no more than (3) students per instructor and are great for children new to the swim lesson setting. Instructors will focus on a personal lesson plan for each child and skills will vary by individual swimming ability.

Small Group Preschool Level 1

(Ages 3-6) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

7515	6/6-6/29	Tu/Th, 9:30-10am	8	East	\$96/\$120
7516	7/11-8/3	Tu/Th, 9:30-10am	8	East	\$96/\$120
7584	6/6-8/1	Tu, 5-5:30pm	8	East	\$96/\$120
7597	6/8-8/3	Th, 5-5:30pm	8	East	\$96/\$120
7773	6/5-6/16	M/W/F, 9-9:30am	6	Spruce	\$72/\$90
7779	6/5-6/16	M/W/F, 10:10-10:40am	6	Spruce	\$72/\$90
7789	6/19-6/30	M/W/F, 9-9:30am	6	Spruce	\$72/\$90
7799	6/19-6/30	M/W/F, 10:10-10:40am	6	Spruce	\$72/\$90
7830	7/10-7/20	M/Tu/W/Th, 9-9:30am	8	Spruce	\$96/\$120
7831	7/24-8/3	M/Tu/W/Th, 9-9:30am	8	Spruce	\$96/\$120
7832	7/10-7/20	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$96/\$120
7833	7/24-8/3	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$96/\$120
7850	6/5-6/28	M/W, 5-5:30pm	8	North	\$96/\$120
7851	6/5-6/28	M/W, 6:10-6:40pm	8	North	\$96/\$120
7875	7/10-8/2	M/W, 5-5:30pm	8	North	\$96/\$120
7876	7/10-8/2	M/W, 6:10-6:40pm	8	North	\$96/\$120
7883	6/6-6/29	Tu/Th, 10:05-10:35am	8	East	\$96/\$120
7884	7/11-8/3	Tu/Th, 10:05-10:35am	8	East	\$96/\$120
7894	6/3-7/29	Sa, 9:15-9:45am	8	East	\$96/\$120
7902	6/3-7/29	Sa, 10:25-10:55am	8	East	\$96/\$120

Small Group Preschool Level 2

(Ages 3-6) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

7517	6/6-6/29	Tu/Th, 9:30-10am	8	East	\$96/\$120
7518	7/11-8/3	Tu/Th, 9:30-10am	8	East	\$96/\$120
7585	6/6-8/1	Tu, 5-5:30pm	8	East	\$96/\$120
7598	6/8-8/3	Th, 5-5:30pm	8	East	\$96/\$120
7774	6/5-6/16	M/W/F, 9-9:30am	6	Spruce	\$72/\$90
7780	6/5-6/16	M/W/F, 10:10-10:40am	6	Spruce	\$72/\$90
7785	6/5-6/16	M/W/F, 10:45-11:15am	6	Spruce	\$72/\$90
7790	6/19-6/30	M/W/F, 9-9:30am	6	Spruce	\$72/\$90
7800	6/19-6/30	M/W/F, 10:10-10:40am	6	Spruce	\$72/\$90
7834	7/10-7/20	M/Tu/W/Th, 9-9:30am	8	Spruce	\$96/\$120
7835	7/24-8/3	M/Tu/W/Th, 9-9:30am	8	Spruce	\$96/\$120
7836	7/10-7/20	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$96/\$120
7837	7/24-8/3	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$96/\$120
7852	6/5-6/28	M/W, 5-5:30pm	8	North	\$96/\$120
7853	6/5-6/28	M/W, 6:10-6:40pm	8	North	\$96/\$120
7877	7/10-8/2	M/W, 5-5:30pm	8	North	\$96/\$120
7878	7/10-8/2	M/W, 6:10-6:40pm	8	North	\$96/\$120
7895	6/3-7/29	Sa, 10:25-10:55am	8	East	\$96/\$120
7903	6/3-7/29	Sa, 9:15-9:45am	8	East	\$96/\$120

Small Group Preschool Level 3

(Ages 3-6) Students will be taught to perform the skills presented in Small Group Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

7519	6/6-6/29	Tu/Th, 10:05-10:35am	8	East	\$96/\$120
7586	6/6-8/1	Tu, 5-5:30pm	8	East	\$96/\$120
7619	6/8-8/3	Th, 5:35-6:05pm	8	East	\$96/\$120
7775	6/5-6/16	M/W/F, 9-9:30am	6	Spruce	\$72/\$90
7781	6/5-6/16	M/W/F, 10:10-10:40am	6	Spruce	\$72/\$90
7786	6/5-6/16	M/W/F, 10:45-11:15am	6	Spruce	\$72/\$90
7791	6/19-6/30	M/W/F, 9-9:30am	6	Spruce	\$72/\$90
7801	6/19-6/30	M/W/F, 10:10-10:40am	6	Spruce	\$72/\$90
7838	7/10-7/20	M/Tu/W/Th, 9-9:30am	8	Spruce	\$96/\$120
7839	7/24-8/3	M/Tu/W/Th, 9-9:30am	8	Spruce	\$96/\$120
7840	7/10-7/20	M/Tu/W/Th, 10:10-10:40 am	8	Spruce	\$96/\$120
7841	7/24-8/3	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$96/\$120
7854	6/5-6/28	M/W, 5-5:30pm	8	North	\$96/\$120
7855	6/5-6/28	M/W, 6:10-6:40pm	8	North	\$96/\$120
7879	7/10-8/2	M/W, 5-5:30pm	8	North	\$96/\$120
7880	7/10-8/2	M/W, 6:10-6:40pm	8	North	\$96/\$120
7885	7/11-8/3	Tu/Th, 10:05-10:35am	8	East	\$96/\$120
7889	6/3-7/29	Sa, 9:15-9:45am	8	East	\$96/\$120
7896	6/3-7/29	Sa, 10:25-10:55am	8	East	\$96/\$120

Aquatics

Group Swim Lessons Ages 3-5

Preschool 1 - Puffer Fish

(Ages 3-5) This is the class to take if your preschooler has not yet taken swimming lessons. This course will focus on introductory skills to help build his/her foundation in swimming while gaining confidence in the class structure. Students will be taught basic water safety skills and basic arm and leg movements to help develop comfort in the water. In addition, students will learn to enter and exit the water independently and float with support.

7363	6/5-6/28	M/W, 6:45-7:15pm	8	North	\$48/\$61
7364	6/5-6/28	M/W, 5:35-6:05pm	8	North	\$48/\$61
7508	6/6-6/29	Tu/Th, 10:40-11:10am	8	East	\$48/\$61
7509	7/11-8/3	Tu/Th, 10:40-11:10am	8	East	\$48/\$61
7589	6/6-8/1	Tu, 5:35-6:05pm	8	East	\$48/\$61
7601	6/8-8/3	Th, 5:35-6:05pm	8	East	\$48/\$61
7776	6/5-6/16	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7784	6/5-6/16	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7794	6/19-6/30	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7804	6/19-6/30	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7824	7/10-7/20	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7825	7/24-8/3	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7870	7/10-8/2	M/W, 6:45-7:15pm	8	North	\$48/\$61
7871	7/10-8/2	M/W, 5:35-6:05pm	8	North	\$48/\$61
7890	6/3-7/29	Sa, 9:50-10:20am	8	East	\$48/\$61

Preschool 2 - Clown Fish

(Ages 3-5) Students will build upon the basic skills learned in Preschool 1 and begin to learn independent aquatic locomotion skills. Preschool 2 emphasizes independence in the skills learned in the first level.

7366	6/5-6/28	M/W, 5:35-6:05pm	8	North	\$48/\$61
7367	6/5-6/28	M/W, 6:45-7:15pm	8	North	\$48/\$61
7500	6/6-6/29	Tu/Th, 10:40-11:10am	8	East	\$48/\$61
7501	7/11-8/3	Tu/Th, 10:40-11:10am	8	East	\$48/\$61
7595	6/6-8/1	Tu, 6:10-6:40pm	8	East	\$48/\$61
7602	6/8-8/3	Th, 5:35-6:05pm	8	East	\$48/\$61
7620	6/8-8/3	Th, 6:10-6:40pm	8	East	\$48/\$61
7777	6/5-6/16	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7796	6/19-6/30	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7805	6/19-6/30	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7826	7/10-7/20	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7827	7/24-8/3	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7872	7/10-8/2	M/W, 5:35-6:05pm	8	North	\$48/\$61
7873	7/10-8/2	M/W, 6:45-7:15pm	8	North	\$48/\$61
7891	6/3-7/29	Sa, 9:50-10:20am	8	East	\$48/\$61

Preschool 3 - Angelfish

(Ages 3-5) Students will be taught to perform the skills presented in Preschool 1 and 2 independently to reach greater distances and develop good coordination. The use of combined simultaneous arm and leg actions will continue to help the student build a foundation for proper stroke development and confidence in the water.

7368	6/5-6/16	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7590	6/6-8/1	Tu, 5:35-6:05pm	8	East	\$48/\$61
7795	6/19-6/30	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7806	6/19-6/30	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7828	7/10-7/20	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7829	7/24-8/3	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7857	6/5-6/28	M/W, 6:45-7:15pm	8	North	\$48/\$61
7874	7/10-8/2	M/W, 6:45-7:15pm	8	North	\$48/\$61
7892	6/3-7/29	Sa, 9:50-10:20am	8	East	\$48/\$61

Learn to Swim Ages 6-12

Level 1

(Ages 6-8) Prerequisites: There are no prerequisites. Class Focus: Level 1 aims to help children enjoy and feel safe in the water. This introductory course focuses on water basics including breath control, front and back floats with support, kicking, forward arm motion, and water safety.

7358	6/5-6/16	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7486	6/6-6/29	Tu/Th, 9:30-10am	8	East	\$48/\$61
7487	7/11-8/3	Tu/Th, 9:30-10am	8	East	\$48/\$61
7593	6/6-8/1	Tu, 5-5:30pm	8	East	\$48/\$61
7600	6/8-8/3	Th, 5:35-6:05pm	8	East	\$48/\$61
7797	6/19-6/30	M/W/F, 9:35-10:05am	6	Spruce	\$36/\$46
7809	7/10-7/20	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7810	7/24-8/3	M/Tu/W/Th, 9:35-10:05am	8	Spruce	\$48/\$61
7849	6/5-6/28	M/W, 5-5:30pm	8	North	\$48/\$61
7859	6/5-6/28	M/W, 6:10-6:40pm	8	North	\$48/\$61
7862	7/10-8/2	M/W, 5-5:30pm	8	North	\$48/\$61
7863	7/10-8/2	M/W, 6:10-6:40pm	8	North	\$48/\$61
7893	6/3-7/29	Sa, 10:25-10:55am	8	East	\$48/\$61
7905	6/3-7/29	Sa, 11-11:30am	8	East	\$48/\$61

Level 2

(Ages 6-8) Prerequisites: Successful completion of Level 1 or child must be able to successfully perform 10 bobs, blow bubbles, and perform front and back floats with support. Class Focus: Level 2 continues to build on basic water skills introduced in the level 1 class. Students will learn to perform front and back floats independently and be introduced to rhythmic breathing, front crawl and backstroke.

7359	6/5-6/28	M/W, 5:35-6:05pm	8	North	\$48/\$61
7360	6/5-6/28	M/W, 5-5:30pm	8	North	\$48/\$61
7490	6/6-6/29	Tu/Th, 10:05-10:35am	8	East	\$48/\$61
7491	7/11-8/3	Tu/Th, 10:05-10:35am	8	East	\$48/\$61

Aquatics

Level 2 continued

7587	6/6-8/1	Tu, 5:35-6:05pm	8	East	\$48/\$61
7599	6/8-8/3	Th, 5-5:30pm	9	East	\$48/\$61
7616	6/8-8/3	Th, 6:10-6:40pm	9	East	\$48/\$61
7771	6/5-6/16	M/W/F, 9-9:30am	6	Spruce	\$36/\$46
7782	6/5-6/16	M/W/F, 10:10-10:40am	6	Spruce	\$36/\$46
7793	6/19-6/30	M/W/F, 9-9:30am	6	Spruce	\$36/\$46
7802	6/19-6/30	M/W/F, 10:10-10:40am	6	Spruce	\$36/\$46
7811	7/10-7/20	M/Tu/W/Th, 9-9:30am	8	Spruce	\$48/\$61
7812	7/24-8/3	M/Tu/W/Th, 9-9:30am	8	Spruce	\$48/\$61
7813	7/10-7/20	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$48/\$61
7814	7/24-8/3	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$48/\$61
7848	6/5-6/28	M/W, 6:45-7:15pm	8	North	\$48/\$61
7864	7/10-8/2	M/W, 5:35-6:05pm	8	North	\$48/\$61
7865	7/10-8/2	M/W, 5-5:30pm	8	North	\$48/\$61
7866	7/10-8/2	M/W, 6:45-7:15pm	8	North	\$48/\$61
7888	6/3-7/29	Sa, 9:15-9:45am	8	East	\$48/\$61
7898	6/3-7/29	Sa, 11-11:30am	8	East	\$48/\$61

Level 3

(Ages 7-13) Prerequisites: Successful completion of Level 2 or child must be able successfully perform front and back floats independent of support, 5 yards of front crawl and 5 yards of backstroke. Class Focus: Level 3 will continue to develop the front crawl and back strokes. Students will also be introduced to treading water, elementary backstroke and deep water orientation.

7362	6/5-6/28	M/W, 5:35-6:05pm	8	North	\$48/\$61
7493	6/6-6/29	Tu/Th, 10:05-10:35am	8	East	\$48/\$61
7494	7/11-8/3	Tu/Th, 10:05-10:35am	8	East	\$48/\$61
7594	6/6-8/1	Tu, 6:10-6:40pm	8	East	\$48/\$61
7617	6/8-8/3	Th, 6:10-6:40pm	8	East	\$48/\$61
7772	6/5-6/16	M/W/F, 9-9:30am	6	Spruce	\$36/\$46
7787	6/5-6/16	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7792	6/19-6/30	M/W/F, 9-9:30am	6	Spruce	\$36/\$46
7807	6/19-6/30	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7815	7/10-7/20	M/Tu/W/Th, 9-9:30am	8	Spruce	\$48/\$61
7816	7/24-8/3	M/Tu/W/Th, 9-9:30am	8	Spruce	\$48/\$61
7817	7/10-7/20	M/Tu/W/Th, 10:45-11:15am	8	Spruce	\$48/\$61
7818	7/24-8/3	M/Tu/W/Th, 10:45-11:15am	8	Spruce	\$48/\$61
7867	7/10-8/2	M/W, 5:35-6:05pm	8	North	\$48/\$61
7904	6/3-7/29	Sa, 9:50-10:20am	8	East	\$48/\$61

Level 4

(Ages 7-12) Prerequisites: Successful completion of Level 3 or child must be able to successfully perform 15 yards of front crawl and backstroke with rhythmic breathing, 15 yards of elementary backstroke and one minute of treading water. Class Focus: Level 4 will continue to refine basic strokes and will also introduce breaststroke and butterfly. Students will increase endurance by swimming longer distances and will be introduced to the basics of wall turns.

7521	6/6-6/29	Tu/Th, 9:30-10am	8	East	\$48/\$61
7583	6/6-8/1	Tu, 5:35-6:05pm	8	East	\$48/\$61

Level 4 continued

7618	6/8-8/3	Th, 6:10-6:40pm	8	East	\$48/\$61
7783	6/5-6/16	M/W/F, 10:10-10:40am	6	Spruce	\$36/\$46
7803	6/19-6/30	M/W/F, 10:10-10:40am	6	Spruce	\$36/\$46
7819	7/10-7/20	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$48/\$61
7820	7/24-8/3	M/Tu/W/Th, 10:10-10:40am	8	Spruce	\$48/\$61
7858	6/5-6/28	M/W, 5:35-6:05pm	8	North	\$48/\$61
7868	7/10-8/2	M/W, 5:35-6:05pm	8	North	\$48/\$61
7882	7/11-8/3	Tu/Th, 9:30-10am	8	East	\$48/\$61
7899	6/3-7/29	Sa, 11-11:30am	8	East	\$48/\$61

Level 5

(Ages 7-12) Prerequisites: Successful completion of Level 4 or child must be able to successfully perform 25 yards of front crawl and backstroke with rhythmic breathing, 15 yards of breaststroke and 5 yards of butterfly. Class Focus: Level 5 will refine all strokes and increase the distances students swim. Students will be introduced to flip turns at walls and diving from starting blocks.

7523	6/6-6/29	Tu/Th, 10:40-11:10am	8	East	\$48/\$61
7524	7/11-8/3	Tu/Th, 10:40-11:10am	8	East	\$48/\$61
7588	6/6-8/1	Tu, 6:10-6:40pm	8	East	\$48/\$60
7788	6/5-6/16	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7808	6/19-6/30	M/W/F, 10:45-11:15am	6	Spruce	\$36/\$46
7821	7/10-7/20	M/Tu/W/Th, 10:45-11:15am	8	Spruce	\$48/\$61
7822	7/24-8/3	M/Tu/W/Th, 10:45-11:15am	8	Spruce	\$48/\$61
7860	6/5-6/28	M/W, 6:45-7:15pm	8	North	\$48/\$61
7869	7/10-8/2	M/W, 6:45-7:15pm	8	North	\$48/\$61

Barracudas Summer Swim Team

Summer Swim Team

(Ages 5-18) We are a team that swims May to July in the Boulder Valley Summer Swim League (BVSSL). The goal of the Barracudas is to find the right balance of fun and competition for each swimmer, understanding that everyone will find this balance with their own unique mix. The Boulder Barracudas is a great way to have fun, make friends and be active all summer long. There will be a parent meeting on Sunday, May 14th, 4-5 p.m. at the North Boulder Recreation Center to inform parents of the information needed for the upcoming season. Practices are in the mornings with an evening option available. Visit BoulderAquatics.org for more details.

Pre-season practice for swim team

6999	5/22-5/26	M-F, 4-6pm	South	team fee below
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Summer practice for swim team (see detailed age group schedules online)

6999	5/30-7/23	M-F, 7:15-9:45am	Spruce	\$225/\$275
	6/12-7/17	or M/W, 6-7pm	Spruce	

Boulder Barracudas Pre-team

(Ages 5-9) Pre-team is for our younger swimmers who want to enjoy the experience of swim team without being involved in the competitive nature of the swim meets. Swimmers must be able to swim 25 yds continuously unassisted. Pre-team does not compete in meets, season will end July 7th.

7002	5/30-7/7	M/W/F, 9:15-10am	Spruce	\$100/\$125
	6/12-7/17	or M/W, 6:15-7pm	Spruce	

Aquatics

Swim & Stroke - Technique I

(Age 16+) Learn goal setting, workout planning, stroke techniques, lane etiquette, optional equipment and training techniques. Participants must be able to swim the length of the pool. Be prepared to swim at each class meeting.

8131	6/4-6/25	Su, 11-11:45am	4	North	\$36/\$45
8132	7/9-7/30	Su, 11-11:45am	4	North	\$36/\$45

Adult Group Lessons

(Age 16+) It is never too late to explore the benefits of swimming! This class assists adults of varied swimming abilities to feel comfortable and confident in the water while building life-long skills.

8124	6/4-6/25	Su, 10-10:45am	4	North	\$36/\$45
8130	7/9-7/30	Su, 10-10:45am	4	North	\$36/\$45

American Red Cross Classes

American Red Cross Lifeguarding

(Age 15+) Receive classroom learning and hands-on practice as you train to become a lifeguard. Course elements include water and land rescue skills, first aid for injuries and sudden illnesses, spinal injury management, swimmer and facility surveillance and CPR/AED and emergency care. This course includes a certification in American Red Cross Lifeguarding, which is valid for 2 years.

Pre-requisite testing will be done by appointment. Contact 303-413-7267.

6997	5/6-5/14	Sa/Su, 12-8pm	4	North	\$182/\$219
6998	5/16-5/27	Tu/Th/Sa, 5-9pm	6	North	\$182/\$219
7351	7/18-7/21	Tu/W/Th/F, 9am-4:30pm	4	North	\$182/\$219

Lifeguarding Review Course

This course is for individuals with a current American Red Cross Lifeguarding certification who are seeking re-certification. Participants will review and be evaluated on all Lifeguarding, First Aid, and CPR/AED skills before receiving a renewed American Red Cross Lifeguarding certification, which is valid for 2 years. Participants must possess a current and valid American Red Cross Lifeguarding certification in order to register for this course.

8089	7/15-7/16	Sa/Su, 10am-4pm	2	Iris	\$89/\$111
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CPR & First Aid

This program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. This course includes a certification in both American Red Cross First Aid and lay-responder CPR/AED, which is valid for 2 years.

7274	5/7	Su, 10am-5pm	1	Iris	\$70/\$88
8088	6/3	Sa, 10am-5pm	1	East	\$70/\$88

Log Rolling

(Ages 8+) What's old is new again! Log rolling, a traditional, historic North American activity has made a splash in Boulder! A great activity to learn at any age, log rolling improves core strength, balance, footwork, agility, and cardio...but mostly it's just fun! With our new Key Log® and the help of the yellow resistance fins (like training wheels) no prior skill or experience is necessary. Wear swimwear, rash guards or spandex style athletic wear.



8090	6/3-7/1	Sa, 1-2:30pm	5	East	\$35/\$44
8091	7/22-8/19	Sa, 1-2:30pm	5	East	\$35/\$44

Participants should be able to swim without assistance in water that is 5 feet deep. A signed waiver is required from all participants.

Aquatic Fitness

Aqua Fit (Leisure)

(Age 18+) Designed for the intermediate or advanced level exerciser, this class includes a combination of aerobics, intervals, strength training, flexibility training and water jogging keep this class fun exciting. You will be surprised how versatile and challenging a water workout can be! Silver Sneakers welcome. Instructor Andrea Welch. Contact: Jen Heilveil, 303-413-7474.



7344	6/2-6/30	M/W/F, 8-9am	13	East	\$52/\$65
7345	7/5-7/31	M/W/F, 8-9am	12	East	\$48/\$60
7346	8/2-8/9	M/W/F, 8-9am	4	East	\$16/\$20

Twinges N' Hinges (Leisure)

(Age 18+) The water provides a non-weight bearing environment that makes it safe for joints and provides support for the entire body. In addition, muscle conditioning and proper muscle balance are increased by utilizing the resistance of the water. If you require physical assistance in the water, a two-week notice is required. Silver Sneakers welcome. Instructor: Jen Heilveil, 303-413-7474.

7347	6/1-6/29	Tu/Th, 8:30-9:15am	9	East	\$36/\$45
7348	7/6-7/27	Tu/Th, 8:30-9:15am	7	East	\$28/\$35
7349	8/1-8/10	Tu/Th, 8:30-9:15am	4	East	\$16/\$20

Drop-In Aquatic Fitness Classes

Aquatic fitness classes can be found on the drop-in fitness schedule online at BoulderAquatics.org. All pass or fee information can be found on page 9 or online. Daily drop-in fee is \$7.50 or use your pass. Contact: Chris Lawson, 303-413-7267.

Boulder Reservoir



Boulder Reservoir Summer Season Information

5565 N 51st. St. • Boulder, CO 80301
General Info: 303-441-3461

Fees & Hours

Memorial Day Weekend, May 29 through Labor Day, September 4.

Gate Hours

6am-7pm daily (effective May 1-26)
5:30am to 9pm daily (effective May 27-Sept. 4)
Dogs and glass are not allowed in the park.

Daily Admission Fees

Youth (3-18)	\$4
Adult (19-59)	\$7
Senior (60+)	\$5

Punch cards, Annual passes and Splash Passes are valid for entry into the Reservoir.

Swim Beach Hours

10am-6pm daily (swim beach opens May 29)

A lifeguard administered swim test is required for individuals under 13 years old to swim beyond the shallow water ropes. **For more information visit us online at BoulderRez.org**

Open Water Swim

Guests may join us and use our 750 meter open water swim course. Laps must be started by 7:30 a.m. Water-safety is provided. Cost is \$10 per person and includes gate admission.

May 1 - August 17, Wed, 7-8am

Boat House Hours & Rentals

8am - 7pm daily (available May 13-October 15)

NEW

Boat Rentals Available – Rocky Mountain Paddleboards are renting all watercraft at the Boulder Reservoir, including sailboats, kayaks, stand up paddleboards, hydrobikes and more. Rentals are charged by the hour, must have valid I.D. and be 16 yrs. and older.

Reserve a boat rental online at Rockymtnpaddleboard.com/boulder

Boating

All watercraft must have a 2017 Boulder Reservoir boat permit and pass inspection prior to launch. Watercraft may only launch from the South Shore after successfully completing inspection. Small craft permits (kayak, canoe, SUP, windsurfer, row boat) may be purchased at the front gate. **Any boat with a motor or a sail must submit the online application and make an appointment to purchase a permit.** All State of CO boating statutes apply. We do not sell permits on Memorial Day, Fourth of July and Labor Day. Please visit our website for more details at BoulderRez.org.

Quiet Hours

All watercraft on Boulder Reservoir must remain wake less during quiet hours, with the exception of city-sanctioned activities and lake patrol operations.

Tue	5:30am - 12pm
Wed	5:30am - 9am
Thu	5pm - 9pm

Picnic Site Rentals

Picnic site rentals are available for groups of 20-1,000 people. Visit us online for availability and pricing.

Special Events

The Reservoir is home to many special events. If you're interested in hosting a special event at the Reservoir, please visit us online for application requirements and our special event calendar at BoulderRez.org.

**KINESIS DANCE
COMPANY
AUDITIONS**

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Next auditions to be
held May 13. Visit:
KinesisDance.com

Our dance classes nurture your child's interest in dance, while increasing coordination, concentration levels, cooperation, flexibility and fun! Don't miss our summer camp offerings in this issue, page 11.

Dance Punch Cards

Cards can be purchased from Kinesis Dance and are valid for six months from date of purchase for adult dance classes only.

\$70 for 5 classes

Class Cancellation Policy

Classes will be cancelled one week prior to start of session if the class does not meet the minimum registration requirement.

Adult Dance

*Register online at KinesisDance.com or call 720-515-6268.

Ballet Barre

(Ages 13+) For students with a knowledge of ballet basics.

*	6/6- 8/15	Tu, 9:45-10:45am	Kinesis	9	\$90/\$113
*	6/8-8/17	Th, 9:45-10:45am	Kinesis	10	\$100/\$125

Ballet Barre Plus

(Ages 13+) Barre, center and combinations.

*	6/6- 8/15	Tu, 10:45am-12:15pm	Kinesis	9	\$108/\$135
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Ballet Level 1

(Ages 13+) Very beginning ballet technique.

*	6/5-8/28	M, 7:30-9:15pm	North	13	\$182/\$228
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Ballet Level 1/2

(Ages 13+) Elementary level technique.

*	6/5-8/28	M, 6-7:30pm	North	13	\$156/\$192
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Ballet Level 1/2 & 2

(Ages 13+) Elementary and intermediate level technique.

*	6/8-8/31	Th, 7:30-9:15pm	East	13	\$182/\$228
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Ballet Level 2/3

(Ages 14+) Strong intermediate level ballet technique.

*	6/6-8/29	Tu, 6-7:45pm	North	12	\$168/\$210
*	6/8-8/31	Th, 6-7:30pm	East	13	\$156/\$192

Pointe 2/3

(Ages 14+) Intermediate Pointe.

*	6/6-8/29	Tu, 7:45-9pm	North	12	\$120/\$150
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Jazz Level 1

(Ages 13+) Jazz for adults improves coordination, balance and flexibility.

*	6/8-7/27	Th, 7-8pm	Iris	8	\$80/\$100
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Very Adult Jazz

(Ages 18+) A low impact jazz class set to the level of the participants.

*	6/9-6/30	F, 2:30-3:45pm	East	4	\$40/\$50
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Tap Level 1

(Ages 13+) Tap for adults improves fitness, rhythm, balance and coordination.

*	6/5-7/24	W, 6-7pm	Iris	8	\$80/\$100
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Tap Level 2/3

(Ages 13+) A minimum of two to three years of experience required.

*	6/5-7/24	M, 7-8pm	Iris	8	\$80/\$100
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Hip Hop Level 1

(Ages 13+) A vigorous and exhilarating class.

*	6/7-7/26	W, 7-8pm	East	8	\$80/\$100
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Ballroom Basics & Swing Level 1

(Ages 13+) Social Dancing, Foxtrot, Waltz and Swing. No partner required.

*	6/10-7/1	Sa, 3:15-4:15pm	Iris	4	\$40/\$50
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Ballroom Basics & Swing Level 2

(Ages 13+) A continuation of Ballroom Basics 1.

*	6/10-7/1	Sa, 4:30-5:30pm	Iris	4	\$40/\$50
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Salsa Level 1

(Ages 13+) A focus on the fundamentals of Casino, the circular and flowing Cuban Style Salsa. No partner is required.

*	6/7-7/5	W, 7-8pm	North	5	\$50/\$63
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Salsa Level 2

(Ages 13+) 1 year of Salsa training required.

*	6/7-7/5	W, 8-9pm	North	5	\$50/\$63
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Beginning Flamenco

Basic Flamenco technique and short choreographies for beginning students.

*	6/6-7/25	Tu, 6:30-7:30pm	Iris	7	\$70/\$88
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Hula Dance Level 1

(Ages 13+) Come learn basic hula steps, ancient and modern hula dances.

*	6/7-7/26	W, 5:30-6:30pm	Iris	8	\$80/\$100
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Hula Dance Level 2

(Ages 13+) A continuation of Level 1

*	6/7-7/26	W, 6:30-7:30pm	Iris	8	\$80/\$100
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Preschool Dance

*Register online at KinesisDance.com or call 720-515-6268.

Little Feats Ballet

(Ages 3) Play-based activities and working with props.

*	6/5-7/24	M, 9-9:45am	Kinesis	8	\$72/\$90
*	6/10-7/29	Sa, 9-9:45am	East	8	\$72/\$90

Creative Movement

(Ages 4 - 6) The magic of childhood imagination with movement and the underlying principles of dance.

*	6/5-7/24	M, 10:30-11:15am	Kinesis	8	\$72/\$90
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Pre-Ballet

(Ages 4-5) Increase coordination, concentration levels, cooperation, flexibility and ability to follow instructions.

*	6/5-7/24	M, 9:45-10:30am	Kinesis	8	\$72/\$90
*	6/10-7/29	Sa, 9:45-10:30am	East	8	\$72/\$90

Pre-Tap & Ballet

(Ages 4-5) An introduction to tap and ballet dance.

*	6/6-7/25	Tu, 9-9:45am	Kinesis	7	\$63/\$79
*	6/8-7/27	Th, 9-9:45am	Kinesis	8	\$72/\$90

Youth Dance

*Register online at KinesisDance.com or call 720-515-6268.

Kinder Ballet

(Ages 5-6) Learn the basic elements of ballet in a creative and fun way.

*	6/5-7/24	M, 3:45-4:30pm	East	8	\$72/\$90
*	6/10-7/29	Sa, 10:30-11:15am	East	8	\$72/\$90

Youth Ballet 1

(Ages 6-8) Students will study the performance art of ballet.

*	6/5-7/24	M, 4:30-5:30pm	East	8	\$72/\$90
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Kinder Ballet & Tap Combo

The basic elements of ballet and tap. Tap shoes required.

*	6/8-7/27	Th, 4-4:45pm	North	8	\$72/\$90
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Jazz 1/2

(Ages 6-8) Special emphasis on music and rhythm.

*	6/5-7/24	M, 5:30-6:30pm	East	8	\$72/\$90
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(Ages 8-10)

*	6/8-7/27	Th, 4:45-5:45pm	North	8	\$72/\$90
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Kinder Hip Hop (Ages 5-6)

*	6/7-7/26	W, 4-4:45pm	East	8	\$72/\$90
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Hip Hop 1/2

(Ages 6-8)

*	6/7-7/26	W, 4:45-5:45pm	East	8	\$72/\$90
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(Ages 7-10)

*	6/8-7/27	Th, 5:45-6:45pm	North	8	\$72/\$90
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(Ages 9-12)

*	6/7-7/26	W, 5:45-6:45pm	East	8	\$72/\$90
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(Teen)

*	6/5-7/24	M, 6:30-7:30pm	East	8	\$72/\$90
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Children's Hula

(Ages 6-12) Come learn basic hula steps, ancient and modern hula dances.

*	6/7-7/26	W, 4:30-5:30pm	Iris	8	\$72/\$90
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EXPAND



EXciting Programs Adventures & New Dimensions (EXPAND) is designed to meet the unique needs of people with disabilities in specialized and inclusive programs.

EXPAND provides opportunities for people with disabilities to improve and gain new recreation and leisure skills that will enhance their overall well-being and improve their quality of life.

Please contact Lori Goldman at 303-413-7256 or email at goldmanl@bouldercolorado.gov with any questions. Unless otherwise noted, programs are for all ability levels.

Scholarships & Financial Aid

For more information contact Lori Goldman at 303-413-7256. To fill out forms online visit BoulderParks-Rec.org > Entry fees > Financial Aid

EXPAND 3rd Party Funding

EXPAND has the ability to invoice some outside agencies for programs. Contact Sherri Brown, 303-441-4933. Any programs with an asterisk* indicates funding opportunities are not available.

Group

Participants who are independent or require minimal verbal prompting with personal care, hygiene, dressing, eating, balance and typical social behavior. Typical staff to participant ratio is 1:4 for adults and 1:3 for youth programs.

1 on 1

Participants who need physical assistance and/or additional support due to behavioral needs. Contact EXPAND staff if "1 on 1" assistance is needed.

Inclusion!

Boulder Parks and Recreation is committed to supporting people of all abilities in recreation through both specialized and inclusive programs. We strive to exceed the requirements set forth in the Americans with Disabilities Act and to create a welcoming and supportive community. If you require an accommodation, please notify us at least two weeks in advance. For more information, contact Lori Goldman at 303-413-7256.

Adventure Outings*

*Unfortunately, we cannot accept Medicaid waivers and similar payments towards this program, but scholarships are available. For additional information or questions, contact Chelsea Cerny, 303-441-3416.

NEW

Glacier Basin Campout*

(Ages 18+) Tent camping in Rocky Mountain National Park. Enjoy a variety of activities including hiking, star gazing, cooking, and the giant slide in Estes Park. **Note:** Campsite is not ADA accessible. We recommend that participants be able to comfortably hike a mile. Contact Chelsea Cerny, 303-441-3416.

7370	8/18-8/20	F, 2pm to Su, 12pm	Iris	3	\$130/\$155
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Lawson Adventure Park*

(Ages 12+) Enjoy the outdoors! Join us for a trip out to Lawson Adventure Park. Be prepared to step outside of your comfort zone as we enjoy the bungee trampoline, climb a spider wall, walk on water and participate in a high ropes course! Contact Chelsea Cerny, 303-441-3416.

7337	7/7	F, 9am-3pm	East	1	\$65/\$70
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Teen/Young Adult Rafting Trip*

(Ages 16-25) An exciting trip down the Poudre River. We will be going through Rocky Mountain Adventures whose experienced river guides will take us on an a half day trip. This trip is appropriate for new or experienced rafters however please note that it is not a float trip (we will be seeing some rapids). Contact Chelsea Cerny, 303-441-3416.

7369	7/28	F, 7am-3pm	Iris	1	80/85
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Learn to Sail*

(Ages 16+) Learn how to sail, skipper, and crew a sailboat. Participants must be comfortable and safe around water while remaining with the group at all times. Bring a sack dinner, water, hat, sunscreen, and jacket. Provided by our partner Community Sailing of Colorado at the Boulder Reservoir. Contact Jen Heilveil, 303-413-7474.

7603	8/23-8/30	W, 5-8pm	Reservoir	2	\$50/\$63
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COMMUNITY INVOLVEMENT CLASSES

Sun & Games!

(Ages 14+) Let's enjoy the sun, hanging out with friends and playing outdoor games including, bocce ball, corn hole, strider bikes and Frisbee. (Individuals will have the opportunity to play in the SO bocce ball tournament in July). Contact Sherri Brown, 303-441-4933.

7311	6/5-8/14	M, 4-5pm	East	11	\$55/\$66
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Water Aerobics

(Ages 16+) Enjoy cardio and strength training in the leisure pool. This low-impact class is suitable for all fitness levels. Contact Jen Heilveil, 303-413-7474

7342	6/5-8/14	M, 5:15-6:15pm	East	11	\$66/\$82
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Summer Basketball League

(Ages 16+) Let's stay in shape and play hoops this summer. Individuals will play for one hour between 5-8 p.m. Players contact Sherri Brown, 303-441-4933.

7308	6/6-6/27	Tu, 5-8pm	East	4	\$20
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Unified Softball

(Ages 16+) Teams will be setup in June and each team will play weekly games between 5-8pm. New players please contact Sherri or for questions contact Sherri Brown, 303-441-4933. (League play begins July 11)

7042	7/11-8/8	Tu, 5-8pm	East Mapleton	5	\$25
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Kickball League

(Ages 16+) Contact Sherri Brown, 303-441-4933.

7309	8/15-8/22	Tu, 5-8pm	East	2	\$10
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Dogs & Dodgeball

(Ages 16+) An evening of playing dodgeball and eating hot dogs with friends. Contact Sherri Brown, 303-441-4933.

7310	8/29	Tu, 5-7pm	South	1	\$10/\$10
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Books & Beyond

(Ages 16+) Come join our book club and read or create our own stories together. All levels welcome, including non-readers. Contact Cory Lasher, 303-413-7269.

8141	6/14-7/19	W, 4-5pm	East	6	\$35/\$44
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Weight Lifting

(Ages 16+) Enjoy 30 minutes of stretching, weight training exercises and education that are designed to teach and promote healthy exercise routines which can be easily preformed at home as well. Contact Sherri Brown, 303-441-4933.

7307	6/8-8/17	Th, 2:30-3pm	East	11	\$33/\$40
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Spinning

(Ages 16+) Awesome exercise. Ride the stationary bike while socializing with friends. Bike riding will help improve your core strength and increase your endurance level while having fun! Contact Sherri Brown, 303-441-4933.

7306	6/8-8/17	Th, 3-4pm	East	11	\$55/\$66
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Smile and Stretch

(Ages 16+) Give your body and spirit an hour of rejuvenating focus. Practice breathing and floor yoga positions supported by blankets and bolsters. Learn to reduce stress and increase mental clarity. Contact Jen Heilveil, 303-413-7474.

7341	6/8-8/17	Th, 4-5pm	East	11	\$82/\$100
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Special Olympics Swim Training

(Ages 8+) Swimmers must be comfortable in the lap pool with or without a swim belt. Swimmers must be able to circle swim with 3-4 other swimmers. Contact Jen Heilveil, 303-413-7474.

7343	6/11-7/30	Su, 3-4pm	East	8	\$63/\$79
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Friday Night Fun - Outdoor Swimming

(Ages 8-16) Join us as we make new friends at Spruce Pool. Please bring swimsuit, towel and a sack dinner. Contact Chelsea Cerny, 303-441-3416.

7339	6/23	F, 5-7pm	Spruce Pool	3	\$14/\$17
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8017	7/21	F, 5-7pm	Spruce Pool	3	\$14/\$17
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Friday Night Dance (Ages 16+)

Enjoy dancing and socializing. Contact Cory Lasher, 303-413-7269.

Super Hero

7327	6/16	F, 6:30-8:30pm	East	1	\$8/\$10
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Red, White & Blue Dance

7328	7/14	F, 6:30-8:30pm	East	1	\$8/\$10
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Hawaiian Luau

7336	8/11	F, 6:30-8:30pm	East	1	\$8/\$10
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Out on the Town, Community Choices

(Ages 16+) A great way to socialize with your friends and get out in the community. Contact Cory Lasher at 303-413-7269.

Casa Bonita Group Only

7334	6/7	W, 4:30-8:30pm	East	1	\$30/\$38
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Games & Subs at the Rec

7335	7/19	W, 5-7pm	East	1	\$20/\$25
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Adventure Golf & Raceway Group Only

7338	8/2	W, 4:30-7:30pm	East	1	\$30/\$38
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Activities for Individuals with Physical Disabilities



Adaptive Water-ski

(Ages 16+) This program is designed for individuals with physical and visual impairments. Learn or improve your skills with adaptive water-ski equipment at the Boulder Reservoir. Limit is two times around the lake. We will set-up a designated timeslot with you prior to the program. Drop-in reservations must be called in by 5 pm the Friday prior to the day you wish to ski. Drop-in's are limited and on a first come, first served basis. Drop-in fee \$15. No Class July 4. Contact Cory Lasher at 303-413-7269.

7326	6/20-8/15	Tu, 7:30-11am	Reservoir	8	\$90
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Flatirons Golf Course features an 18-hole golf course, practice facility, instruction programs, club repair, pro shop and more! Check us out this summer!

Flatirons Golf Amenities & Course Fees

- Scenic 18-hole golf course
- Driving range
- Handicap accessible golf cart
- Women's leagues
- Junior golf programs
- Full service club repair & pro shop
- Computerized handicapping system
- Tournaments/League Play/Special Events
- Private & group instruction area
- Book your tee time online!

Flatirons Golf Course takes great pride in providing great value in our reasonable daily rates. Our consistently excellent playing conditions, our classic layout and convenient location make Flatirons a wonderful place to play at any price. The perfect site for your tournament or outing. Food and drink service available through our concessionaire at the Just Hit It Grill.

Let us help you plan your event! Brochure available at the golf course or at flatironsgolf.com

Tournaments and Outings

At Flatirons, we believe that it's your tournament or outing. We operate on a "menu of services" basis. While other facilities may require you to buy tournament administration, prizes and food service, we start with a basic golf package and let you customize it to the specific needs of your group. This golf event philosophy has been especially popular with charitable fund raising events and other organizations that have an interest in maximizing their charitable donations.

2017 Base Tournament Fees

Off-season (Jan. 1-April 30; Nov. 1-Dec. 31)
\$48 per player (M-Th)
\$51 per player (F-Su)

Peak season (May 1 - Oct. 31)

\$51 per player (M-Th)
\$56 per player (F-Su)

Practice Range / Club & Cart Rental

Practice Range

- small \$4 (40 balls)
- medium \$7.50 (75 balls)
- large \$10 (100 balls)

(discount cards available in pro shop)

Golf Club Sets

Clubs- 9 holes \$18 • 18 holes \$25

Electric Carts (Fee Per Rider)

9 holes \$10 • 18 holes \$15

Hand Carts

9 holes \$5 • 18 holes \$7

Golf Course Summer Fees

(effective May 1-October 31, 2017)

Weekday Player Fees (Monday-Thursday)

	Regular	Junior	Senior
9 Holes	\$21	\$13	\$18
18 Holes	\$34	\$23	\$29

Weekend Player Fees (Friday-Sunday)

	Regular	Junior	Senior
9 Holes	\$23	\$15	\$20
18 Holes	\$39	\$25	\$34

- Junior (age 18 and under)

- Senior (age 60+)

Frequent Player Program

With this card players pay \$5 for nine holes and \$8 for eighteen holes, Monday-Friday. Weekend rates vary depending on season. Valid for one year from date of purchase. 15% discount when passes are purchased on same date (this discount is limited to immediate family members residing in the same household). Visit us online for detailed fees at flatironsgolf.com.

Adult	Junior	Senior
\$585	\$250	\$475

For current specials and the most up to date information on Flatirons golf course, visit us online at FlatironsGolf.com

The Lesson Programs

Carefully designed to be an efficient and effective way to improve golf skills and enjoyment of the game. Visit us online for available golf lesson programs and private instruction options.



The Teaching Staff

Tim Stevens - PGA Member,
Facility Manager/Director of Golf

Dan Knecht - PGA Member, Head Golf Professional

David Talaba - PGA Member, 1st Assistant Golf Professional

Rachel Cavalier - PGA Apprentice, 2nd Assistant Golf Professional

Individual Private Instruction

The most effective way for the beginner, intermediate or advanced player to make improvement, build practice skills and develop a rapport with PGA affiliated golf instructor.

The lesson area, located in its own area to enhance privacy and prevent distractions, includes a sand bunker and practice green.

Private lessons are offered seven days a week and scheduling is very flexible, call the Pro Shop at 303-442-7851 for booking.

Adults (Age 17+)

\$40 for 30 minutes

\$59 for 45 minutes

Buy 3 lessons and your 4th lesson is half price!
\$140

Juniors (up to age 16)

\$15 for 15 minutes

Multi-Person Private Instruction

Designed for those who wish to share the experience of learning the game of golf. It is essential that participants are of a similar skill set when taking these lessons. Instruction available upon request, call the golf shop to schedule a time, 303-442-7851.

PGA - Get Golf Ready

If you have ever thought about taking up the game, either again or for the first time, you can make golf your sport for a lifetime through this PGA Play Golf America program. This program teaches you in five short lessons what you'll need to know to step onto a golf course and play with confidence. The Get Golf Ready program is available to groups of 3-5 people.

• \$119 for 5 one hour lessons

For graduates of Get Golf Ready, ask about Get Golf Ready 2

To schedule a group for Get Golf Ready Program call the golf shop at 303-442-7851 or sign up online at Flatironsgolf.com

Questions? Contact Dan Knecht, PGA at knechtd@bouldercolorado.gov

Junior Golf Programs

Our Par 3 program is designed for younger juniors with little or no experience, Par 4 is for juniors looking to learn the swing, but also play and learn the golf course and the Par 5 program is a feeder to high school golf and involves friendly competition and a structured program for juniors to play and learn throughout June and July.

Chip Shots Program - \$69 (per session)

3 Sessions, Saturday Evenings (Age 4-7)

This program is designed to help parents learn a few things and help them teach their kids the game we love.

Par 3 Junior Program - \$99 (per session)

5 Sessions, weekdays June and July (Age 8-12)

This program is designed to teach kids the basics of the grip and swing and provide the instruction and confidence to "Learn to play" the game of golf. It is designed for juniors new to the game who are not yet prepared for the golf course. We help teach the kids how to practice and in three days give them a basic idea of what golf has to offer. Concepts include, learning the grip, the swing and basics of how to play golf to help them move from the range to the golf course. We also introduce the format for the Drive, Chip and Putt competition.

Par 4 Junior Program - \$99 (per session)

5 Sessions, weekdays June and July (Age 10-14)

Our PAR 4 Junior Program is for junior golfers age 10-14 who are interested in furthering their skills in the game the focus is on playing the golf course. This "Play to Learn" approach covers concepts that are more consistent with becoming a golfer and learning to be a part of the golf community. Concepts included are, etiquette, scoring, proper care of the golf course and course management. The Par 4 program is designed for all juniors to further their commitment to success in the golf. The program can be taken numerous times to achieve enjoyment and understanding of the game.

Par 5 Junior Program - \$179 (Entire Program)

The Par 5 Junior Program (Age 10-16) consists of:

- 8 weeks of 18 hole play (Wednesday)
- 6 practice round 9 hole events (Mondays)
- 2 Tune up Lessons per week for June - July (Monday & Wednesday)

Leagues

18 hole stroke play events will be on Wednesday mornings in June and July. Tee times will start at 1:00pm and continue every ten minutes until all juniors are on the course. This program is specifically designed for juniors to have scores to show their high school coaches. This is a great way to get the juniors, their friends and classmates out onto the golf course.

Clinics

Clinics will be offered on Monday and Wednesday prior to each round of golf for eight weeks in June and July. Each clinic will be 30 min long and will emphasize different aspects of the golf swing and playing golf. Each clinic will be based on availability. Juniors need to pre-register for clinics they plan on attending. Clinic size will be limited to groups of up to 10 juniors.

Junior Membership - \$249

Good for a year from date of purchase. (Ages 10-16)

- Junior Members play for FREE after 11 am any day of the week
- Junior Members hit UNLIMITED range balls any day of the week

Visit us at Flatironsgolf.com for more information.

Gymnastics

Gymnastics
classes for all
ages, including
adults!

Gymnastics helps children build a range of motor and coordination skills, and assists in developing a good sense of body awareness.

Important Information for ALL Classes:

- Leotard or T-shirt and gym shorts required
- No street clothes, shoes, socks or jewelry
- Long hair must be securely tied back
- Cubby holes provided for shoes, etc.
- Classes may be split into smaller groups
- No make-ups for missed classes
- Check registration confirmation before first class

Preschool

Join our preschool program to explore a combination of basic movement and gymnastics events including tumbling, balance beam, uneven bars, parallel bars, vaulting, pommel horse, rings, trampoline and the foam pit. Help your child build a strong foundation for other sports and life long skills. All skills and equipment are scaled down to accommodate children's size and ability. Children attend independent of their parents.

2 Year Olds

Introduce your child to gymnastics in our structured 2 year old class that is also perfect for 3 year olds who are having trouble separating from parents. Child must be accompanied by parent or other responsible adult. No babies or other unregistered children allowed in the gym. Twins must have two adults or attend separate classes. Participant must be at least 24 months old by the first class.

Session 1

7652	6/5-7/3	M, 9-9:45am	5	North	\$76/\$95
7653	6/5-7/3	M, 10-10:45am	5	North	\$76/\$95
7654	6/5-7/3	M, 11-11:45am	5	North	\$76/\$95
7643	6/6-6/27	Tu, 9-9:45am	4	North	\$61/\$76
7644	6/6-6/27	Tu, 10-10:45am	4	North	\$61/\$76
7645	6/6-6/27	Tu, 11-11:45am	4	North	\$61/\$76
7646	6/7-7/5	W, 9-9:45am	5	North	\$76/\$95
7647	6/7-7/5	W, 10-10:45am	5	North	\$76/\$95
7648	6/8-7/6	Th, 9-9:45am	5	North	\$76/\$95

7649	6/8-7/6	Th, 10-10:45am	5	North	\$76/\$95
7650	6/9-7/7	F, 9-9:45am	5	North	\$76/\$95
7651	6/9-7/7	F, 10-10:45am	5	North	\$76/\$95
7655	6/10-7/8	Sa, 9-9:45am	5	North	\$76/\$95
7656	6/10-7/8	Sa, 10-10:45am	5	North	\$76/\$95

Session 2 • 2 Year Olds

7918	7/17-8/7	M, 9-9:45am	4	North	\$61/\$76
7919	7/17-8/7	M, 10-10:45am	4	North	\$61/\$76
7920	7/17-8/7	M, 11-11:45am	4	North	\$61/\$76
7909	7/18-8/8	Tu, 9-9:45am	4	North	\$61/\$76
7910	7/18-8/8	Tu, 10-10:45am	4	North	\$61/\$76
7911	7/18-8/8	Tu, 11-11:45am	4	North	\$61/\$76
7912	7/19-8/9	W, 9-9:45am	4	North	\$61/\$76
7913	7/19-8/9	W, 10-10:45am	4	North	\$61/\$76
7914	7/20-8/10	Th, 9-9:45am	4	North	\$61/\$76
7915	7/20-8/10	Th, 10-10:45am	4	North	\$61/\$76
7916	7/21-8/11	F, 9-9:45am	4	North	\$61/\$76
7917	7/21-8/11	F, 10-10:45am	4	North	\$61/\$76
7921	7/15-8/5	Sa, 9-9:45am	4	North	\$61/\$76
7922	7/15-8/5	Sa, 10-10:45am	4	North	\$61/\$76

3 Year Olds

Child attends independent of parents and must be 3 years old by first class.

Session 1

7671	6/5-7/3	M, 9-9:45am	5	North	\$76/\$95
7672	6/5-7/3	M, 10-10:45am	5	North	\$76/\$95
7673	6/5-7/3	M, 11-11:45am	5	North	\$76/\$95
7674	6/5-7/3	M, 2:45-3:30pm	5	North	\$76/\$95
7657	6/6-6/27	Tu, 9-9:45am	4	North	\$61/\$76
7658	6/6-6/27	Tu, 10-10:45am	4	North	\$61/\$76
7659	6/6-6/27	Tu, 11-11:45am	4	North	\$61/\$76
7660	6/6-6/27	Tu, 2:45-3:30pm	4	North	\$61/\$76
7661	6/7-7/5	W, 9-9:45am	5	North	\$76/\$95

Gymnastics

7662	6/7-7/5	W, 10-10:45am	5	North	\$76/\$95
7663	6/7-7/5	W, 2:45-3:30pm	5	North	\$76/\$95
7664	6/8-7/6	Th, 9-9:45am	5	North	\$76/\$95
7665	6/8-7/6	Th, 10-10:45am	5	North	\$76/\$95
7666	6/8-7/6	Th, 11-11:45am	5	North	\$76/\$95
7667	6/8-7/6	Th, 2:45-3:30pm	5	North	\$76/\$95
7668	6/9-7/7	F, 9-9:45am	5	North	\$76/\$95
7669	6/9-7/7	F, 10-10:45am	5	North	\$76/\$95
7670	6/9-7/7	F, 2:45-3:30pm	5	North	\$76/\$95
7675	6/10-7/8	Sa, 9-9:45am	5	North	\$76/\$95
7676	6/10-7/8	Sa, 10-10:45am	5	North	\$76/\$95

Session 2 • 3 Year Olds

7937	7/17-8/7	M, 9-9:45am	4	North	\$61/\$76
7938	7/17-8/7	M, 10-10:45am	4	North	\$61/\$76
7939	7/17-8/7	M, 11-11:45am	4	North	\$61/\$76
7940	7/17-8/7	M, 2:45-3:30pm	4	North	\$61/\$76
7923	7/18-8/8	Tu, 9-9:45am	4	North	\$61/\$76
7924	7/18-8/8	Tu, 10-10:45am	4	North	\$61/\$76
7925	7/18-8/8	Tu, 11-11:45am	4	North	\$61/\$76
7926	7/18-8/8	Tu, 2:45-3:30pm	4	North	\$61/\$76
7927	7/19-8/9	W, 9-9:45am	4	North	\$61/\$76
7928	7/19-8/9	W, 10-10:45am	4	North	\$61/\$76
7929	7/19-8/9	W, 2:45-3:30pm	4	North	\$61/\$76
7930	7/20-8/10	Th, 9-9:45am	4	North	\$61/\$76
7931	7/20-8/10	Th, 10-10:45am	4	North	\$61/\$76
7932	7/20-8/10	Th, 11-11:45am	4	North	\$61/\$76
7933	7/20-8/10	Th, 2:45-3:30pm	4	North	\$61/\$76
7934	7/21-8/11	F, 9-9:45am	4	North	\$61/\$76
7935	7/21-8/11	F, 10-10:45am	4	North	\$61/\$76
7936	7/21-8/11	F, 2:45-3:30pm	4	North	\$61/\$76
7941	7/15-8/5	Sa, 9-9:45am	4	North	\$61/\$76
7942	7/15-8/5	Sa, 10-10:45am	4	North	\$61/\$76



4 Year Olds

Child must be 4 years old by first class.

Session 1

7691	6/5-7/3	M, 9-9:45am	5	North	\$76/\$95
7692	6/5-7/3	M, 10-10:45am	5	North	\$76/\$95
7693	6/5-7/3	M, 11-11:45am	5	North	\$76/\$95
7694	6/5-7/3	M, 2:45-3:30pm	5	North	\$76/\$95
7677	6/6-6/27	Tu, 9-9:45am	4	North	\$61/\$76
7678	6/6-6/27	Tu, 10-10:45am	4	North	\$61/\$76
7679	6/6-6/27	Tu, 11-11:45am	4	North	\$61/\$76
7680	6/6-6/27	Tu, 2:45-3:30pm	4	North	\$61/\$76
7681	6/7-7/5	W, 9-9:45am	5	North	\$76/\$95
7682	6/7-7/5	W, 10-10:45am	5	North	\$76/\$95
7683	6/7-7/5	W, 2:45-3:30pm	5	North	\$76/\$95
7684	6/8-7/6	Th, 9-9:45am	5	North	\$76/\$95
7685	6/8-7/6	Th, 10-10:45am	5	North	\$76/\$95
7686	6/8-7/6	Th, 11-11:45am	5	North	\$76/\$95
7687	6/8-7/6	Th, 2:45-3:30pm	5	North	\$76/\$95
7688	6/9-7/7	F, 9-9:45am	5	North	\$76/\$95
7689	6/9-7/7	F, 10-10:45am	5	North	\$76/\$95
7690	6/9-7/7	F, 2:45-3:30pm	5	North	\$76/\$95
7695	6/10-7/8	Sa, 9-9:45am	5	North	\$76/\$95
7696	6/10-7/8	Sa, 10-10:45am	5	North	\$76/\$95

Session 2 • 4 Year Olds

7957	7/17-8/7	M, 9-9:45am	4	North	\$61/\$76
7958	7/17-8/7	M, 10-10:45am	4	North	\$61/\$76
7959	7/17-8/7	M, 11-11:45am	4	North	\$61/\$76
7960	7/17-8/7	M, 2:45-3:30pm	4	North	\$61/\$76
7943	7/18-8/8	Tu, 9-9:45am	4	North	\$61/\$76
7944	7/18-8/8	Tu, 10-10:45am	4	North	\$61/\$76
7945	7/18-8/8	Tu, 11-11:45am	4	North	\$61/\$76
7946	7/18-8/8	Tu, 2:45-3:30pm	4	North	\$61/\$76
7947	7/19-8/9	W, 9-9:45am	4	North	\$61/\$76
7948	7/19-8/9	W, 10-10:45am	4	North	\$61/\$76
7949	7/19-8/9	W, 2:45-3:30pm	4	North	\$61/\$76
7950	7/20-8/10	Th, 9-9:45am	4	North	\$61/\$76
7951	7/20-8/10	Th, 10-10:45am	4	North	\$61/\$76
7952	7/20-8/10	Th, 11-11:45am	4	North	\$61/\$76
7953	7/20-8/10	Th, 2:45-3:30pm	4	North	\$61/\$76
7954	7/21-8/11	F, 9-9:45am	4	North	\$61/\$76
7955	7/21-8/11	F, 10-10:45am	4	North	\$61/\$76
7956	7/21-8/11	F, 2:45-3:30pm	4	North	\$61/\$76
7961	7/15-8/5	Sa, 9-9:45am	4	North	\$61/\$76
7962	7/15-8/5	Sa, 10-10:45am	4	North	\$61/\$76

Financial Assistance



Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

Gymnastics

5 Year Olds

Child must be 5 years old by first class.

Session 1

7713	6/5-7/3	M, 9-9:45am	5	North	\$76/\$95
7714	6/5-7/3	M, 10-10:45am	5	North	\$76/\$95
7715	6/5-7/3	M, 2:45-3:30pm	5	North	\$76/\$95
7716	6/5-7/3	M, 3:45-4:30pm	5	North	\$76/\$95
7697	6/6-6/27	Tu, 9-9:45am	4	North	\$61/\$76
7698	6/6-6/27	Tu, 10-10:45am	4	North	\$61/\$76
7699	6/6-6/27	Tu, 11-11:45am	4	North	\$61/\$76
7700	6/6-6/27	Tu, 2:45-3:30pm	4	North	\$61/\$76
7701	6/7-7/5	W, 9-9:45am	5	North	\$76/\$95
7702	6/7-7/5	W, 10-10:45am	5	North	\$76/\$95
7703	6/7-7/5	W, 2:45-3:30pm	5	North	\$76/\$95
7704	6/7-7/5	W, 3:45-4:30pm	5	North	\$76/\$95
7705	6/8-7/6	Th, 9-9:45am	5	North	\$76/\$95
7706	6/8-7/6	Th, 10-10:45am	5	North	\$76/\$95
7707	6/8-7/6	Th, 11-11:45am	5	North	\$76/\$95
7708	6/8-7/6	Th, 2:45-3:30pm	5	North	\$76/\$95
7709	6/9-7/7	F, 9-9:45am	5	North	\$76/\$95
7710	6/9-7/7	F, 10-10:45am	5	North	\$76/\$95
7711	6/9-7/7	F, 2:45-3:30pm	5	North	\$76/\$95
7712	6/9-7/7	F, 3:45-4:30pm	5	North	\$76/\$95
7717	6/10-7/8	Sa, 9-9:45am	5	North	\$76/\$95
7718	6/10-7/8	Sa, 10-10:45am	5	North	\$76/\$95

Session 2 • 5 Year Olds

7979	7/17-8/7	M, 9-9:45am	4	North	\$61/\$76
7980	7/17-8/7	M, 10-10:45am	4	North	\$61/\$76
7981	7/17-8/7	M, 2:45-3:30pm	4	North	\$61/\$76
7982	7/17-8/7	M, 3:45-4:30pm	4	North	\$61/\$76
7963	7/18-8/8	Tu, 9-9:45am	4	North	\$61/\$76
7964	7/18-8/8	Tu, 10-10:45am	4	North	\$61/\$76
7965	7/18-8/8	Tu, 11-11:45am	4	North	\$61/\$76
7966	7/18-8/8	Tu, 2:45-3:30pm	4	North	\$61/\$76
7967	7/19-8/9	W, 9-9:45am	4	North	\$61/\$76
7968	7/19-8/9	W, 10-10:45am	4	North	\$61/\$76
7969	7/19-8/9	W, 2:45-3:30pm	4	North	\$61/\$76
7970	7/19-8/9	W, 3:45-4:30pm	4	North	\$61/\$76
7971	7/20-8/10	Th, 9-9:45am	4	North	\$61/\$76
7972	7/20-8/10	Th, 10-10:45am	4	North	\$61/\$76
7973	7/20-8/10	Th, 11-11:45am	4	North	\$61/\$76
7974	7/20-8/10	Th, 2:45-3:30pm	4	North	\$61/\$76
7975	7/21-8/11	F, 9-9:45am	4	North	\$61/\$76
7976	7/21-8/11	F, 10-10:45am	4	North	\$61/\$76
7977	7/21-8/11	F, 2:45-3:30pm	4	North	\$61/\$76
7978	7/21-8/11	F, 3:45-4:30pm	4	North	\$61/\$76
7983	7/15-8/5	Sa, 9-9:45am	4	North	\$61/\$76
7984	7/15-8/5	Sa, 10-10:45am	4	North	\$61/\$76



Girls "Tween" Gymnastics

(Ages 9-12) This is the perfect place for girls ages 9-12 to learn basic gymnastics in a supportive, non-competitive environment with your peers. Participants will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 9 years old by the first class.

7735	6/6-7/6	Tu/Th, 3:45-5pm	9	North	\$129/\$161
7999	7/18-8/10	Tu/Th, 3:45-5pm	8	North	\$114/\$143

Girls Intro to Gymnastics at South

(Ages 6-12) This is a class which provides an opportunity to learn basic tumbling skills, along with some balance beam and vaulting activities. No prior gymnastics experience is necessary.

7734	6/7-7/5	W, 4-4:45pm	5	South	\$43/\$54
7998	7/19-8/9	W, 4-4:45pm	4	South	\$34/\$43

Adult Gymnastics

(Ages 18+) Beginner Gymnastics for Adults. Join us for a series of exciting workouts in our state of the art gymnastics facility, where you will have the opportunity to build strength, improve flexibility, learn fundamental gymnastics skills, and have a great time while doing it. Our top level gymnastics coaches will be instructing, spotting, and challenging you every step of the way.

7642	6/6-6/27	Tu, 8-9:15pm	4	North	\$58/\$71
7641	6/8-7/6	Th, 8-9:15pm	5	North	\$72/\$89
7908	7/18-8/8	Tu, 8-9:15pm	4	North	\$58/\$71
7907	7/20-8/10	Th, 8-9:15pm	4	North	\$58/\$71

Gymnastics

Developmental Skills

This is the perfect place for children ages 6-12 to learn basic gymnastics in a supportive, non competitive environment. While these classes are a great continuation of our preschool program, no prior experience is necessary. Children will use tumbling, balance beam, uneven bars, parallel bars, horizontal bar, vaulting, pommel horse, rings, trampoline, and foam pit to improve coordination, strength and self-confidence while emphasizing a fun approach to learning. Participant must be 6 years old by the first class.

Boys (Ages 6-12)

Session 1

7723	6/5-7/3	M, 3:45-5pm	5	North	\$72/\$89
7719	6/6-7/6	Tu/Th, 3:45-5pm	9	North	\$129/\$161
7720	6/7-7/5	W, 3:45-5pm	5	North	\$72/\$89
7721	6/9-7/7	F, 3:45-5pm	5	North	\$72/\$89
7724	6/10-7/8	Sa, 11am-12:15pm	5	North	\$72/\$89

Session 2

7988	7/17-8/7	M, 3:45-5pm	4	North	\$58/\$71
7985	7/18-8/10	Tu/Th, 3:45-5pm	8	North	\$114/\$143
7986	7/19-8/9	W, 3:45-5pm	4	North	\$58/\$71
7987	7/21-8/11	F, 3:45-5pm	4	North	\$58/\$71
7989	7/15-8/5	Sa, 11am-12:15pm	4	North	\$58/\$71

Girls (Ages 6-12)

Session 1

7728	6/5-7/5	M/W, 3:45-5pm	10	North	\$143/\$179
7733	6/5-7/3	M, 3:45-5pm	5	North	\$72/\$89
7725	6/6-6/27	Tu, 3:45-5pm	4	North	\$57/\$72
7726	6/6-7/6	Tu Th, 3:45-5pm	9	North	\$129/\$161
7727	6/7-7/5	W, 3:45-5pm	5	North	\$72/\$89
7729	6/8-7/6	Th, 3:45-5pm	5	North	\$72/\$89
7730	6/9-7/7	F, 3:45-5pm	5	North	\$72/\$89
7732	6/10-7/8	Sa, 11am-12:15pm	5	North	\$72/\$89

Session 2

7993	7/17-8/16	M/W, 3:45-5pm	8	North	\$143/\$179
7997	7/17-8/7	M, 3:45-5pm	4	North	\$72/\$89
7990	7/18-8/8	Tu, 3:45-5pm	4	North	\$72/\$89
7991	7/18-8/10	Tu/Th, 3:45-5pm	8	North	\$143/\$179
7992	7/19-8/9	W, 3:45-5pm	4	North	\$72/\$89
7994	7/20-8/10	Th, 3:45-5pm	4	North	\$72/\$89
7995	7/21-8/11	F, 3:45-5pm	4	North	\$72/\$89
7996	7/15-8/5	Sa, 11am-12:15pm	4	North	\$72/\$89

Employment Opportunity

Hiring Gymnastics Instructors

Apply online at: boulder.colorado.gov/jobs
> Departments/ Parks & Recreation

Boulder Flyers Gymnastics Team

Team classes are for intermediate to advanced gymnasts by INVITATION ONLY. Fees are due by the 1st of the month prior to the month for which the fees will be applied. If the fees have not been paid by the 15th of the month, a \$15 late fee will be charged and the gymnast will not be allowed to participate until fees are paid.

Girls Pre-Team

(Age 6+) Pre-team girls will continue developing basic skills in USAG Levels 1-2. Pre-team will prepare you for future competitive team involvement.

Girls Beginning Team-Advanced Team

(Age 6+) Team members will compete in USAG Levels 3-10.

Boys Pre-Team

(Age 6+) Pre-team boys will continue developing basic skills in USAG Levels 1-3. Pre-team will prepare you for future competitive team involvement.

Boys Beginning Team- Advanced Team

(Age 6+) Team members will compete in USAG Levels 4-10.

Gymnastics Birthday Parties

Send your invites, order your cake and let us provide a great space for your child's next celebration. One hour of organized gymnastics activities and one hour in the party room.

Ages 5-7, 8-10 & 11-13

Sundays only: 1-3 pm or 2:30-4:30 pm

Up to 8 children \$145(R) / \$181(N)
9-15 children \$203(R)/ \$254(N)

To book a party call 303-413-7218.



Open Gym & Drop In

(Ages 6-18) Have you always wanted to use the gymnastics center? Well now you can! The number of participants is limited. All participants must have a current signed gymnastics open gym waiver. Parents can download and sign a waiver and send it with their children at BoulderParks-Rec.org. Activities may be restricted at the discretion of City of Boulder gymnastics staff. No private coaches or parents are allowed in the gym.

Drop-in	Sa, 1-3pm	North	\$10 payable at front desk
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(Ages 2-5) This is guided free play for you and your preschooler. Parents are required to be within arms reach of their child at all times. Ages are 2-5, no babies, even in carriers.

Drop-in	F, 11-11:45am	North	\$10 payable at front desk
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Ages 2-5 drop in will not be held during the summer but will resume during the Fall session beginning September 1.

Health & Wellness: Fitness & Weights



Check out our drop-in fitness schedule at BPRfitness.org, hundreds of classes to choose from!

Welcome

Our program provides a variety of innovative and fun programs to encourage a healthy and active lifestyle. We believe that each and every person should have the opportunity to enjoy physical activity and do so in a safe and supportive environment.

Looking for a challenging workout or to relieve stress in a fun group environment? Our registration classes allow you to pick and choose classes to fit your schedule and meet your individual fitness needs. All classes are taught by certified fitness professionals.

Registered Course Visitor's Fee & Punchcard

\$17 - 1 Visit

\$70 - 5 Punches

For class availability, please call Kate Houlik at 303-413-7280. Pay your visitor's fee at the front desk and bring the receipt to the instructor.

Class Cancellation

Classes that do not meet the minimum registration three days prior to the start of class are subject to cancellation.

Therapeutic Stretching

(Age 15+) Use foam rollers, straps, ballet barre, beginner level Pilates exercises and yoga postures to increase your flexibility, soothe your muscles and improve your posture. Standard therapeutic strengthening exercises and fascia release techniques will be included.

7283	6/6-8/29	Tu, 10-11am	12	South	\$127/\$158	Dora
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NEW

TRX Body Weight Training

(Ages 15+) This class features the TRX Suspension Trainer and your own body weight combined with cardio intervals to give you a total body workout that will improve your cardio, build muscular endurance and promote weight loss. Classes limited to eight participants.

7286	6/5-8/16	M/W, 10-11am	22	East	\$232/\$290	Andrew
7287	6/5-8/16	M/W, 6-7pm	22	East	\$232/\$290	Michael
7285	6/6-8/17	Tu/Th, 10-11am	21	East	\$222/\$277	Andrew
7284	6/6-8/17	Tu/Th, 4-5pm	22	East	\$232/\$290	Sam

Small Group Resistance Training

Use a variety of equipment including free weights, TRX suspension trainers, resistance tubes, stability balls and more in this dynamic low-impact class to gain and maintain strength for all of life's adventures. Class size is limited to ensure personal attention from the instructor. All fitness levels welcome.

6532	6/5-8/23	M/W, 9-10am	24	South	\$253/\$317	Lisa
7280	6/5-8/23	M/W, 1:30-2:30pm	24	East	\$253/\$317	Lisa

Annual Maintenance Shutdowns

Please note that our recreation centers will be closed for annual maintenance on the following dates and may impact class schedules:

North Boulder Recreation Center - closed August 12-20

East Boulder Community Center - closed August 21-27

Health & Wellness: Fitness & Weights

Full Body Swiss Ball Workout

Gravity assisted therapeutic stretching over the ball and foam roller will help release muscle tension. Strengthen your core using the ball, weights and Therabands for a challenging full body workout! A licensed physical therapist will ensure that safety comes first while you are developing balance, muscle symmetry, proper alignment, and coordination during individualized progressions of difficulty.

Beginner

All fitness levels are welcome.

7281	6/5-8/7	M, 4-5pm	10	North	\$106/\$132 Heidi
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Intermediate

All fitness levels are welcome. Intermediate section for individuals with previous Swiss Ball experience.

7282	6/8-8/10	Th, 4-5pm	10	North	\$106/\$132 Heidi
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Weight Training

Small Group Strength Training

Best Training Value! Participate in a small group strength training workout two days a week. You will learn how to use weight and cardio equipment safely and effectively in these one hour workouts. Class size is limited so that your trainer can focus on you. You will complete a full body weight training routine in each class. Returning, intermediate, and advanced students will continue to progress their workouts under the supervision of a trainer. Core training, stretching and circuit training may be incorporated into the routines.

7278	6/6-8/24	Tu/Th, 4:30-5:30pm	21	South	\$222/\$277 Chris
7279	6/6-8/24	Tu/Th, 5:30-6:30pm	21	South	\$222/\$277 Chris

Women's Weight Training

Specifically designed for women to find inspiration in numbers with strength training classes that not only build muscle, but improve bone density, burn calories and boost metabolism.

7288	6/5-8/23	M/W, 8:30-9:30am	20	North	\$211/\$264 Chris
7289	6/5-8/23	M/W, 9:30-10:30am	20	North	\$211/\$264 Chris
7290	6/6-8/24	Tu/Th, 9:30-10:30am	19	North	\$201/\$251 Chris
7291	6/5-8/16	M/W, 8:15-9:15am	22	East	\$232/\$290 Terry
7292	6/6-8/24	Tu/Th, 9:30-10:30am	23	South	\$243/\$304 Michael
7293	6/6-8/24	Tu/Th, 10:45-11:45am	23	South	\$243/\$304 Michael

Women's Workout

This fun and motivating class is designed for women of all fitness levels who like to increase their strength, flexibility, endurance, balance and improve their bone density as well as their quality of health!

7294	6/6-8/24	Tu/Th, 7:30-8:30am	23	South	\$243/\$304 Michael
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Youth Fitness Program

(Ages 12-15) Learn how to use weight and cardio equipment safely and effectively. This program targets development in muscular strength and endurance essential for optimum performance in youth. This session is ideal for both competing and non-competing youth to learn how to implement a fitness training routine into their active lifestyle.

8140	6/5-7/26	M/W, 4:30-5:30pm	14	South	\$148/\$185 Mark
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Youth Sport Specific Training

(Ages 10+) Upon request, our sport specific training program for youth targets development in specific skills and the essential components need for optimum performance in athletics. We offer this program to coaches and individual groups. Areas of focus can include:

- **Sport Movement:** Agility, quickness, multi-directional speed, reaction skills, coordination, acceleration and deceleration
- **Sport Strength:** Muscular strength, muscular endurance and explosive power
- **Sport Balance:** Stability, kinesthetic awareness, and transitional balance
Mixed age groups will be divided by age and skill level. Hourly fees for training \$11 per participant.

Contact Kate Houlik to schedule your training packages, Houlikk@bouldercolorado.gov or 303-413-7280.

Orientations

FREE

Older Adult Functional Assessment

(Ages 60+) This complementary fitness assessment is specifically designed for adults ages 60 and older. Various tests provide information and feedback regarding your health and skill-related fitness components. Receive an overall orientation to programs, classes and services to meet your individual needs. FREE, by registration only.

Assessments held on Fridays at the East Senior Center. Register in person at any recreation center front desk, the East Senior Center or call 303-441-4150 to schedule your appointment.

Fridays, 12:45-1:45pm at East Boulder Senior Center

Weight Room Orientations

(Ages 12+) Available for adults and youth. If you are new to the weight room you can schedule a complimentary weight room orientation with a certified personal trainer. Following participation in the orientation, youth will have access to the cardio/weight room with parent/adult supervision. Request this service by calling Kate Houlik, Health and Wellness Program Coordinator Fitness/Weights at 303-413-7280.

Weigh and Win

Join the free Weigh and Win Program and get PAID to achieve a healthy weight. Sign-up at WeighandWin.com or any kiosk, receive digital health coaching and earn cash for weight loss! Kiosks available at North Recreation Center and East Community Center.



Health & Wellness: Fitness & Weights

Personal Training

Have a certified trainer design your personal blueprint for success! Sessions address sport specific, weight loss, rehabilitation, and general fitness goals.

To sign up complete the Personal Training and Nutrition Request Form online at BPRfitness.org.

After submitting the form you will be contacted by a fitness professional to set up your sessions. Once your sessions are scheduled you can go to any Recreation Center to pay for them. Give your receipt to your fitness professional.



Private Personal Training

(Ages 10+) Personalized training with a certified professional.

1 session \$60 • 3 sessions \$171 • 6 sessions \$333 • 12 sessions \$648

Semi Private Training (Two Individuals)

(Ages 10+) Customized training for you and a friend that share similar fitness goals. (Fee is for 2 individuals)

1 session \$70 • 3 sessions \$200 • 6 sessions \$389 • 12 sessions \$756

Youth Personal Training Package

(Ages 12-15) In this 3 session personal training package members will work with a certified professional to learn how to use all cardio equipment, strength equipment and free weights safely and properly and receive an individualized workout program. This package allows youth to use all equipment in the weight and cardio area with parent/adult supervision.

3 sessions \$171

Advanced Personal Training

Personal Training with a Physical Therapist

A physical therapist is available for one-on-one personal training. If you are returning to the gym from an injury, need a home exercise plan, or have specific orthopedic concerns, a therapist can help you transition to working out on your own.

1 session \$72 • 3 sessions \$205 • 6 sessions \$400



Transition Out of Physical Therapy

We allow physical therapists to accompany clients that are making transitions from a clinical setting to our facility up to 3 visits. Please contact the Kate Houlik, Health and Wellness Program Coordinator Fitness/Weights at 303-413-7280 in advance, to receive authorization. The client pays the daily facility admission fee. The therapist is our guest.

Nutrition & Wellness Programs

Nutrition Consultation

Meet with a nutrition professional to receive an educational consultation with either a dietitian or a nutritionist. Making informed choices about what you eat can benefit your personal health as well as the health of your family. Our professionals will support you in making lifestyle changes that make it easier for you to plan, prepare and shop for nutritious foods that support optimal health. To choose your professional go to BPRfitness.org and read the bios and complete the request form with your choice of professional. You can contact Kate Houlik, Program Coordinator, at 303-413-7280 or houlikk@boulder.colorado.gov

Disclaimer: The information provided during a nutrition consult is not intended or implied to be a substitute for medical advice, diagnosis or treatment from your physician. Nutrition professionals do not practice medical nutrition, diagnosis or treat disease.

1 session: \$72 • 3 sessions \$205 • 6 sessions \$400

Nutrition/Personal Training Combo

Are you having trouble losing stubborn weight? Do you find yourself falling short of weight loss goals? A dietitian will analyze your diet and provide personalized exercise sessions.

2 consultations with a dietitian and 2 personal training sessions for \$247

Health and Wellness Coaching

Whole person coaching with a certified health/Wellness/Lifestyle coach. Coaches help people balance their time, career, relationships, stress and provide support and tools to individuals seeking positive lifestyle changes.

1 session \$60 • 3 sessions \$171 • 6 sessions \$333 • 12 sessions \$648

Diabetes Prevention Program

Are you one of the one in three American adults with prediabetes? If left untreated, prediabetes can raise your risk of developing Type 2 diabetes, heart disease and stroke. The good news is that you can avoid these serious complications. Sponsored by the City of Boulder and Boulder County Area Agency on Aging, the Diabetes Prevention Program provides:

- A proven behavior change program developed by the Centers for Disease Control
- A trained lifestyle coach to provide support and guidance to the group
- Skill building to lose weight, become more physically active and manage stress
- A year-long program with weekly meetings for six-months and once to twice a month for the second six months
- Support from other participants to make lasting changes to prevent Type 2 diabetes

Classes are offered without charge to qualified city and county residents. To find out if you qualify call 303-441-3599 or email [Melissa Pruitt](mailto:melissa.pruitt@bouldercounty.org) at mpruitt@bouldercounty.org.

Cancellation Policy

**If a client cancels more than 24 hours prior to the lesson, he or she will have the opportunity to reschedule the personal training session and will not be charged. However, if the client cancels the session within 24 hours, or a client does not arrive for the lesson within 15 minutes of the start time they may be charged for that session.*

(All sessions expire one year from purchase date)



SilverSneakers® Fitness for Boomers and Beyond

Tivity Health SilverSneakers fitness program provided at no cost by more than 60 health plans nationwide. Millions of members. Thousands of gyms. Classes designed for all abilities. And our community is active, welcoming and fun. Are you in?

Offered at all three Recreation Centers

The popular Tivity Health SilverSneakers Fitness pass is accepted at all three City of Boulder recreation facilities, including the North Boulder Recreation Center and South Boulder Recreation Center, in addition to East Boulder Community Center.

To begin working out with your SilverSneakers membership:

- Check your eligibility online at [SilverSneakers.com](https://www.silversneakers.com) or visit one of Boulder's three recreation centers. Be sure to bring your insurance card! (We can print a temporary card and order a new card for you if you qualify).
- Bring in your SilverSneakers card to the rec center of your choice. If it's your first time using this membership at the City of Boulder, you will need to fill out a short waiver before you work out.

Older Adult Drop-In Fitness Classes

East Boulder Community Center

Fit & Strong Beginning
Fit & Strong Intermediate
Guts & Butts
SilverSneakers CardioFit®
SilverSneakers Classic®
SilverSneakers Yoga®
Strength & Alignment
Warm Water Fitness (pg. 24)
Zumba Gold®

North Boulder Recreation Center

Cardio Fit
Fit for Life

South Boulder Recreation Center

Cardio Fit

Your membership also includes access to our **entire schedule of classes at all three recreation centers.** Classes include strength and cardio, Fitness, Yoga, Pilates, Nia, Zumba, Aqua Fitness and more!

Drop-in schedules can be found online at
[BPRfitness.org](https://www.bprfitness.org)



Pilates Mat is an excellent full-body toning and strengthening workout.

Pilates Mat

This system of exercising, developed by physical therapy pioneer, Joseph Pilates, is a non-impact system that stabilizes and aligns the body. While focused on strengthening and balancing the core muscle groups, the Pilates Method develops greater flexibility, strength, concentration, coordination and control, and increases awareness of functional body mechanics, all with the intention of building a better you.

Pilates Mat Program Information

Registered Course Visitor's Fee & Punchcard

Pilates Mat	\$17
Pilates Mat	\$70 - 5 Punches

The registered Pilates Mat courses at Salberg may have space available for visitation. These are instructional courses, versus drop-in classes at the recreation centers which are geared toward practice of the exercises. **Salberg visitor's fees may be paid at any recreation center. Give your receipt to your instructor for admission to class.**

Make-up policy

Students who miss a registered Pilates Mat class may attend any drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor.

Mat - Beginner

(Age 14+) Practice classic Pilates Method principles such as control, coordination and breath by learning the beginning sequence of Pilates mat exercises including 'hundreds,' 'rolling like a ball,' 'saw,' and 'mermaid stretch.' Props such as Pilates circles, Therabands and Theraballs are used to enhance your experience in this basics course. Effectively reshape your body with Pilates!

7210	6/11-8/6	Su, 4:15-5:15pm	8	North	\$84/\$106	Joan
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Pilates Mat Drop-In

Drop-in to a Pilates Mat or Pilates Mat/Yoga class to stay in top condition for all your activities, whatever they are. It is recommended that you learn Pilates Mat exercises in a registered course or have Pilates Mat experience, prior to attending drop-in classes.

Pilates/Yoga Combo: Wednesdays, 12-1 p.m. at East
Pilates Mat: Thursdays, 4:15-5:15 p.m. at North

Visit BPRfitness.org for a complete schedule of Fitness and Mind/Body drop-in classes.

Private & Semi-Private Pilates Reformer Lessons

(Age 16+) Individual instruction for those who would like an introduction to the Pilates Reformer or for those who wish to focus on individual needs. Proper and safe use of the equipment is emphasized. Private lessons will help you determine whether this form of exercise is a good fit for you.

1-Hour Private Pilates Reformer Lesson Fee: \$60/student

3 or More 1-Hour Private Pilates Reformer Lesson Fee: \$55/lesson

1-Hour Semi-Private Pilates Reformer Lesson Fee: \$35/student

Must register two or more students together at the same time.

Lessons are available at South Boulder Recreation Center and Salberg Center. Complete the Private Pilates Reformer Lesson Request Form online at Boulderparks-rec.org. After submitting the form you will be contacted by an instructor to set up the lessons. Once your lessons are scheduled you can go to any Recreation Center to pay for them. Give your receipt to your instructor.

24-hour cancellation policy: If a Private or Semi-Private Pilates Reformer Lesson is cancelled within 24 hours, no refund will be issued.

Pilates Reformer & Multi-Apparatus Program Information

Pre-requisite policy

Five private or semi-private Pilates Reformer lessons through the City of Boulder Pilates Program, or coordinator approval, will be required to participate in any "Level 1" or higher Pilates Reformer or Multi-Apparatus class.

Make-up policy

Students who miss a Pilates Reformer or Multi-Apparatus class may attend any drop-in Fitness or Mind/Body class as a make-up, or purchase a private reformer lesson for an additional fee of \$40. Make-ups are arranged through your instructor and are limited to two per session.

Pilates Reformer

Discover the philosophy, focus and benefits of exercising on the Pilates Reformer, a non-impact system of tension springs, ropes, poles and mats. The reformer adds resistance to the Pilates Method exercises and can provide support to beginners, or challenges to more advanced students.

Reformer - Intro/Orientation

(Age 16+) This 8-week course will introduce you to the Pilates Reformer apparatus, and get you started on learning the basic Level 1 exercises. Proper and safe use of the equipment is emphasized. This form of exercise is often recommended by physical therapists, doctors and chiropractors. It effectively tones the whole body. See if Pilates Reformer is the right workout for you.

8114	6/7-8/2	W, 5:30-6:30pm	9	South	\$95/\$119	Athena
8137	6/9-8/18	F, 11am-12pm	11	South	\$116/\$145	Joan

Reformer - Level 1 - Beginner

(Age 16+) Exercises at this level, on this unique apparatus, best suit students who are familiar with the Pilates Reformer and who have either taken private lessons or completed the Introduction/Orientation Reformer class through the City of Boulder Pilates Program. Tower exercises may be included. Use of the reformer will quickly strengthen, stretch and reshape your body.

Pre-requisite: Five private or semi-private Pilates reformer lessons, or completion of the 8-week Intro/Orientation Reformer course through the City of Boulder Pilates program, or coordinator approval.

8136	6/5-8/14	M, 11am-12pm	11	South	\$116/\$145	Joan
8117	6/5-8/14	M, 5:30-6:30pm	11	South	\$116/\$145	Joan
8103	6/7-8/16	W, 8:40-9:40am	11	South	\$116/\$145	Joan
8113	6/9-8/18	F, 8:40-9:40am	11	South	\$116/\$145	Joan

Reformer - Level 2 - Continuing

(Age 16+) Review Level 1 Pilates Reformer exercises such as 'footwork,' 'hundreds,' 'frog,' 'tree front,' and 'elephant,' and incorporate and practice more challenging Pilates Reformer exercises - 'short spine massage,' 'knee stretches,' and 'teaser,' for example. Tower exercises may be included.

Pre-requisite: Completion of at least one session of Level 1 classes with the City of Boulder Pilates program, or coordinator approval.

8112	6/7-8/2	W, 6:40-7:40pm	9	South	\$95/\$119	Athena
8116	6/5-8/14	M, 8:40-9:40am	11	South	\$116/\$145	Joan
8118	6/8-8/17	Th, 4:15-5:15pm	11	South	\$116/\$145	Ellen
8119	6/9-8/18	F, 9:45-10:45am	11	South	\$116/\$145	Joan
8120	6/8-8/17	Th, 5:30-6:30pm	11	South	\$116/\$145	Joan
8121	6/5-8/14	M, 4:20-5:20pm	11	South	\$116/\$145	Joan
8122	6/7-8/16	W, 9:45-10:45am	11	South	\$116/\$145	Joan

Reformer - Level 3 - Intermediate

(Age 16+) This class will review Level 1 and 2 Pilates Reformer exercises and incorporate and practice Level 3 Pilates Reformer exercises. This is an advanced Pilates Reformer class. Tower exercises may be included.

Pre-requisite: At least one session of Level 2 classes with the City of Boulder Pilates program, or coordinator approval. Must be able to consistently perform Level 2 Pilates Reformer exercises in a safe and controlled manner, and be able to confidently perform and flow through all Level 2 reformer exercises with coordination and precision.

8115	6/6-8/1	Tu, 5:30-6:30pm	8	South	\$84/\$106	Athena
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Reformer/Tower/Chair - Level 1 - Beginner

(Age 16+) You will receive an introduction to exercises on the Pilates Tower and Chair and experience the benefits of a well-rounded practice of Level 1 Reformer exercises. Pilates Method principles will be emphasized as you work your muscles to the core. **Pre-requisite:** At least one session each of Level 1 - Beginner Reformer and Beginner Mat classes with the City of Boulder Pilates program or equivalent experience and coordinator approval.

8123	6/6-8/1	Tu, 6:40-7:40pm	8	South	\$84/\$106	Athena
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Reformer/Tower/Chair - Level 2 Continuing

(Age 16+) At this level, Pilates Reformer, Tower and Chair will be used to give you a complete Pilates workout. **Pre-requisite:** At least one session of Pilates Reformer/Tower/Chair at Level 1, or equivalent, advanced, experience and coordinator approval.

8093	6/5-8/14	M, 9:50-10:50am	11	South	\$116/\$145	Joan
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Yoga Program Information

Yoga participants should be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms. For even gentler yoga classes and chair yoga classes consider attending a drop-in SilverSneakers® yoga class at East Boulder Community Center.



Registered Course Visitor's Fee & Punchcard

Yoga program	\$17
Yoga program	\$70 - 5 Punches

Some courses have space available and are appropriate for visitation. Choose the level which is suitable for your experience, check space availability and pay your admission fee at the Recreation Center front desk. Give your receipt to your instructor for admission to class.

Salberg and Iris Center visitor's fees may be paid at any Recreation Center and receipt presented to instructor before admission to class.

Make-up policy Students who miss a class may attend any drop-in Fitness or Mind/Body class as a make-up. Make-ups are arranged through your instructor. **No Class July 4.**

Yoga Mats & Eyebags It is recommended that students bring their own mat. Please bring your own eyebag if you choose to use one during relaxation.

New to Yoga? It is recommended that students who are new to Yoga complete a registered yoga course prior to attending our drop-in classes. Registered courses are instructional. Drop-in classes are focused on practice of all levels of yoga.

Beginner Yoga

(Age 14+) Learn the basics of stretching and correct alignment in detail in order to practice yoga safely. Newcomers, students returning for a refresher, and those wishing to refine a lifelong yoga routine will find this pace suitable. Explore correct breathing - the cornerstone of all yoga levels, foundational standing, seated and supine poses, twists, and modifications for individual body types.

8094	6/8-8/10	Th, 9:15-10:45am	9	North	\$143/\$178	Louann
8095	6/5-8/14	M, 6:30-8pm	11	East	\$174/\$218	Erin

Continuing Yoga

(Age 14+) This ongoing level is moderately paced for beginners who have studied yoga regularly for 6 months or more. Classes review the fundamentals and variations with longer holding of poses and/or the addition of the flowing vinyasa style. The continuing level is also a comfortable match for students preparing for more vigorous practice, and fit individuals who exercise often but are new to yoga.

8096	6/11-7/30	Su, 4:30-6pm	8	North	\$127/\$158	John
8097	6/7-8/9	W, 5:45-7:15pm	10	North	\$158/\$198	Louis

Gentle Continuing

(Age 14+) A gentle continuing yoga course for those students who wish to tone down their yoga practice. Both standing and floor postures will be practiced within the boundaries of the individual student's capabilities. **Pre-requisite:** Students should have intimate knowledge of yoga postures, yoga principles, and

yoga breath, and be able to sit comfortably on the floor, kneel, and then stand, lunge, and support some weight with the arms.

8098	6/8-8/17	Th, 9:15-10:45am	10	South	\$158/\$198	Ravi
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Therapeutic Yoga

(Age 14+) This class explores gentle, safe, focused yoga motions and postures, the purpose of which is to find balance between mind, muscles, physiology and kinesiology. This class is suitable for those recovering from injury and/or surgery, those with limited range of motion or anyone wanting a gentle introduction to yoga.

8099	6/6-8/8	Tu, 5:15-6:30pm	9	North	\$119/\$149	Cassandra
8100	6/7-8/16	W, 4-5:15pm	11	East	\$145/\$182	Lori

Restorative/Gentle

(Age 14+) Give your body and spirit an opportunity to focus and rejuvenate. Practice breathing and floor postures supported by blankets, bolsters, blocks and straps. The restorative method of yoga creates greater flexibility, balance and inward connection. It reduces stress and increases clarity of mind. This type of yoga is gentle and very helpful for those who are recovering from illness.

8101	6/7-8/9	W, 10:30-11:45am	10	North	\$132/\$165	Karen
8102	6/10-8/5	Sa, 10:40-11:55am	9	North	\$119/\$149	Karen

Iyengar Yoga - Beginner

(Age 14+) Learn the fundamentals of Iyengar yoga. Instructors give clear demonstrations of the postures and emphasize detail, precision and alignment in the performance of postures (asana) and breath control (pranayama). Students are observed and, if necessary, adjusted to help them find their optimal alignment. Props, such as belts, blocks, and blankets, enable students to perform the asanas correctly, minimizing the risk of injury or strain, and making the postures accessible to both novices and regular practitioners alike. Modifications to the classic yoga postures can be made for individual students.

8108	6/6-8/8	Tu, 6:45-8pm	9	North	\$119/\$149	Karen
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Iyengar Yoga - Continuing

(Age 14+) Continue your study and practice of the Iyengar Yoga Method of Classical Hatha Yoga. Challenge yourself to stay longer and penetrate more deeply into the postures.

8111	6/10-8/5	Sa, 9-10:30am	9	North	\$143/\$178	Karen
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Feldenkrais

(Age 14+) Practicing the Feldenkrais Method helps students move with more ease, coordination and freedom from pain. Subtle, slow movements are experienced while lying down, standing or sitting in a chair. The Feldenkrais Method is a re-education of the nervous system and the physical body. It is especially helpful for those who experience tension and/or pain, and greatly benefits those who would like to move more efficiently during all activities.

8109	6/7-7/26	W, 6:30-7:30pm	8	East	\$84/\$106	Gil
8110	6/9-7/28	F, 1:30-2:30pm	8	North	\$84/\$106	Gil

Drop-In Mind/Body Classes

Drop-in schedules and descriptions can be found online at BPRfitness.org. Classes include Yoga, Pilates, Nia, Ayre, Soul Sweat™, Zumba and Zumba Gold.



For all class dates, times and cost,
please visit us at:
boulderpotterylaborg

The Studio Arts Boulder Pottery Lab has provided excellent instruction in ceramic arts, first as part of and now in partnership with, the City of Boulder Parks and Recreation Department for over 60 years! We offer ceramics classes year round for students of all ages starting as young as 4. With 22 potter's wheels, full sized slab roller, 2 extruders, 3 gas cone 10 reduction kilns, 1 raku kiln, 5 electric kilns, 25 high fire glazes and an amazing, dedicated teaching and support staff – we are one of the premier ceramic teaching studios in the area. Come see for yourself at the Boulder Pottery Lab, housed in the historic Boulder Fire Station #2!

All classes are held at the Pottery Lab, 1010 Aurora.

Adult Pottery

Intro to Hand-Building & Wheel-Throwing

For students that have never touched clay to those still learning the basics. Explore all aspects of creating with clay on and off the wheel. You'll become familiar with several different processes to make a variety of forms. Learn decoration and glazing techniques to finish your pieces.

Intermediate Pottery

For students with some experience and a desire to improve their skills. If you've had some practice in centering and throwing on the wheel, it's time to expand on your experiences. Continue to build wheel skills, with larger amounts of clay and more complicated shapes and forms. Decorate your work with more advanced glazing techniques.

Senior Pottery

All skill levels are welcome to participate in this class. The art of wheelthrowing, hand-building, decorating and basic sculpture are all explored. Meet new friends while learning a new hobby!

All-Levels

For all levels of students to learn and improve their skills. This popular class is designed for beginning to advanced students or those with individual needs or special projects. Includes both wheel-throwing and handbuilding.

Ceramic Workshop with Jim Lorio

July 15-16

Two day hands on workshop with local, Master Potter, Jim Lorio. Watch, listen and learn as Jim creates his wonderful, functional pottery, then works with each student to help them find their unique voice in clay.

Intermediate/Advanced: Soda Fire

Throw, build, trim, and decorate to maximize the unique effects of a cone 10, reduction, soda firing. Don will lead a firing in the soda kiln.

5-week Pottery Sampler: Intro to the Studio

Totally new to pottery? Sign up for this introductory class to get a taste of what is offered at the Pottery Lab. Each week students will make a project using a new piece of equipment or construction technique. We provide all the clay and tools. You'll leave with a few finished pieces and a basic familiarity with the potter's studio. Great for first-time students.

Date Nights & Family Nights!

Bring a date, a friend or family members and we'll get you set up on pottery wheels for a few hours of dirt and fun. Make a few pieces, we'll glaze and fire them and give you a call when they're ready in about two weeks.

Date nights (Ages 16+). Family Nights (Ages 8+).

Youth Pottery

Child/Parent Pottery

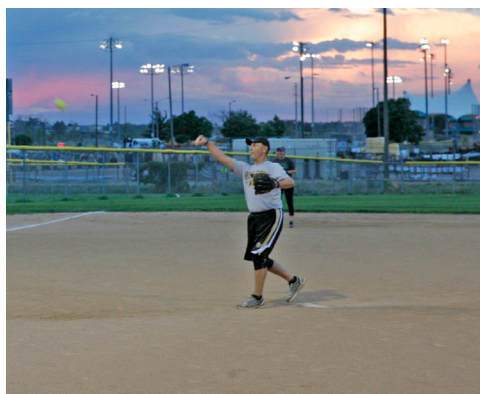
(Ages 4+) A perfect opportunity to make hand-built pottery with your child. Emphasis is on working on a project as a family.

Clay & Art Camps

6/5-8/7 Summer camps listed on page 19.

For all class dates, times and cost, please visit boulderpotterylaborg

Sports - Leagues



**SOFTBALL • KICKBALL • SOCCER • VOLLEYBALL
DODGEBALL • BASKETBALL**

Men's Basketball • Winter/Spring/Summer/Fall

Women's Basketball • Fall/Winter

Volleyball • Winter/Spring/Fall

Outdoor Sand Volleyball • Summer

Dodgeball • Fall/Winter

Indoor Kickball • Fall/Winter

Outdoor Kickball • Spring/Summer/Fall

Soccer • Spring/Fall

Softball • Spring/Summer/Fall

Now Hiring Adult Sports League Officials & Facility Supervisors

Adult and Youth Soccer Officiating

Contact: Play the Whistle at kimpark@playthewhistle.com

Adult Softball & Basketball Officiating

Contact: PRO's Plus at just.buddy18@hotmail.com

Other Adult League Officiating & Facility Supervisor Positions:

Contact: Connor Bulger at bulgerc@bouldercolorado.gov



**GONZO
TENNIS**
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Join the fun this
summer! We have
classes for all ages!

Our tennis program provides a positive environment for learning, playing and having fun!

Tennis Court Locations

Arapahoe Ridge, Eisenhower Drive - 2 courts
Baseline Middle, 700 20th Street - 2 courts
Centennial Middle, 2205 Norwood - 8 courts
Chautauqua Park, Ninth & Baseline - 1 court
Columbine, 20th & Glenwood - 2 courts
East Center, 5660 Sioux Drive, - 5 courts* (lights)
Knollwood, Fourth & Spruce - 2 courts
Manhattan Middle, 290 Manhattan - 4 courts
Martin Park, 36th & Dartmouth - 2 courts
North Center, 3170 Broadway - 4 courts* (lights)
Palo Park, N. 30th & Redwood - 2 courts
South Center, 1360 Gillaspie - 4 courts
Tom Watson Park, 63rd & IBM drive - 4 courts (lights)

**To reserve a Rec Center court and lights, please contact:
East 303-413-7460 | North 303-413-7260 | South 303-441-3448**

Rec Center courts can be reserved for \$5 per court per hour.
To reserve all other courts visit online at BoulderParks-Rec.org
or call 303-413-7477.

*Enjoy our lights at EBCC and NBRC.

Light fees: \$1 per 30 minutes per court. Pay or purchase tokens
at front desk. Must reserve court to purchase light tokens at
East Boulder Community Center.

Gonzo Tennis



Gonzo Tennis was founded in 2004 by Gonzalo Garcia with the idea of bringing quality tennis programs to the Boulder community. Since then, Gonzo Tennis has shared the courts with players from ages 3 to 75 through programs for kids and adults.

Gonzo Tennis and the city of Boulder believe tennis is a significant part of life that further defines who we are as human beings. We have a devotion to fostering the development of players of all ages, and giving them the opportunity to discover even more about this truly international sport.

Questions: Gonzo Garcia at gonzo@gonzotennis.com

Program Info:

Matt at 303-413-7477 or kamhim@bouldercolorado.gov

For inclement weather and cancellation information: 303-441-3410

Private Tennis Lessons

Sign up for youth and adult private lessons to get focused attention and improve skills. To set up a private lesson email Gonzo at privates@gonzotennis.com.

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.



Tennis



Take a class this summer and meet our talented crew of Gonzo Tennis coaches, John, Lynne, Walt and Gonzo. (left to right)

Tennis - Adult

Adult Tennis Punch Cards

(Age 16+) Cards can be purchased at centers during registration hours and are valid for one year from date of purchase for adult tennis classes only. Drop into any adult class that is not full. Email gonzo@gonzotennis.com to let instructors know which class you plan to drop into.

Saturdays, 1-2:30 pm at East

1 punch \$23	3 punches \$66	6 punches \$124
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Adult Tennis Clinics

(Age 16+) Clinics will introduce all the basic tennis strokes to beginners and improve skills for intermediate players. Appropriate games will be used for different levels improving your stroke technique and consistency. For inclement weather and cancellation information: 303-441-3410.

Beginner

Session 1

7534	6/5-6/26	M, 8-9:30am	4	Centennial M.S.	\$76/\$95
7535	6/7-6/28	W, 6-7:30pm	4	North	\$76/\$95
7538	6/8-6/29	Th, 6-7:30pm	4	East	\$76/\$95

Session 2

7536	7/10-7/31	M, 8-9:30am	4	Centennial M.S.	\$76/\$95
7537	7/12-8/2	W, 6-7:30pm	4	North	\$76/\$95
7539	7/13-8/3	Th, 6-7:30pm	4	East	\$76/\$95

Intermediate

Session 1

7546	6/5-6/26	M, 9:30-11am	4	Centennial M.S.	\$76/\$95
7548	6/6-6/27	Tu, 6-7:30pm	4	East	\$76/\$95

Session 2

7605	7/10-7/31	M, 9:30-11am	4	Centennial M.S.	\$76/\$95
7549	7/11-8/1	Tu, 6-7:30pm	4	East	\$76/\$95

Tennis - Seniors

(Age 60+) Seniors! Come have fun, stay young, burn calories, make new friends, and play the life long game of tennis.

Session 1

7572	6/9-6/30	F, 8-9:30am	4	East	\$76/\$95
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Session 2

7573	7/14-8/4	F, 8-9:30am	4	East	\$76/\$95
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Tennis - Juniors

(Ages 11-15) Divided into different levels determined by age and ability. These game-based programs use specific exercises and fun games to help students understand the aspects of tennis. Must get approved by Gonzo to register for intermediate and advanced courses. Gonzotennis.com. For inclement weather and cancellation information: 303-441-3410.



Beginner

Session 1

7552	6/3-6/24	Sa, 9-10am	4	North	\$51/\$64
7550	6/6-6/27	Tu, 4-5pm	4	East	\$51/\$64
7551	6/8-6/29	Th, 4-5pm	4	East	\$51/\$64

Session 2

7609	7/8-7/29	Sa, 9-10am	4	North	\$51/\$64
7610	7/11-8/1	Tu, 4-5pm	4	East	\$51/\$64
7611	7/13-8/3	Th, 4-5pm	4	East	\$51/\$64

Intermediate

Session 1

7553	6/3-6/24	Sa, 10-11am	4	North	\$51/\$64
7554	6/6-6/27	Tu, 5-6pm	4	East	\$51/\$64
7555	6/8-6/29	Th, 5-6pm	4	East	\$51/\$64

Session 2

7612	7/8-7/29	Sa, 10-11am	4	North	\$51/\$64
7613	7/11-8/1	Tu, 5-6pm	4	East	\$51/\$64
7614	7/13-8/3	Th, 5-6pm	4	East	\$51/\$64

Junior Training/Team Gonzo Tennis

- 10 & Under
- 12 & Under
- 14 & Under
- 16 & Under

Contact Gonzo for an evaluation prior to registration for the "training" classes at gonzo@gonzotennis.com.

Tennis - Youth

(Ages 4-10) The School of Tennis is a child physical development program that uses a variety of fun games to develop motor skills, enjoyment the game, and helping to create self confidence in a safe and friendly environment. It's all about Tennis! www.gonzotennis.com For inclement weather and cancellation information: 303-441-3410.

Mini Gonzos (Ages 4-5)

Session 1

7571	6/3-6/24	Sa, 9-9:30am	4	North	\$38/\$48
7565	6/4-6/25	Su, 9-9:30am	4	East	\$38/\$48
7566	6/5-6/26	M, 3:45-4:15pm	4	East	\$38/\$48
7564	6/6-6/27	Tu, 3:45-4:15pm	4	East	\$38/\$48
7567	6/7-6/28	W, 3:45-4:15pm	4	North	\$38/\$48
7568	6/8-6/29	Th, 3:45-4:15pm	4	East	\$38/\$48

Session 2

7764	7/8-7/29	Sa, 9-9:30am	4	North	\$38/\$48
7760	7/9-7/30	Su, 9-9:30am	4	East	\$38/\$48
7761	7/10-7/31	M, 3:45-4:15pm	4	East	\$38/\$48
7759	7/11-8/1	Tu, 3:45-4:15pm	4	East	\$38/\$48
7762	7/12-8/2	W, 3:45-4:15pm	4	North	\$38/\$48
7763	7/13-8/3	Th, 3:45-4:15pm	4	East	\$38/\$48

Tiny Gonzos (Ages 6-7)

Session 1

7582	6/3-6/24	Sa, 9:30-10:15am	4	North	\$43/\$53
7576	6/4-6/25	Su, 9:30-10:15am	4	East	\$43/\$53
7577	6/5-6/26	M, 4:15-5pm	4	East	\$43/\$53
7575	6/6-6/27	Tu, 4:15-5pm	4	East	\$43/\$53
7578	6/7-6/28	W, 4:15-5pm	4	North	\$43/\$53
7579	6/8-6/29	Th, 4:15-5pm	4	East	\$43/\$53

Session 2

7770	7/8-7/29	Sa, 9:30-10:15am	4	North	\$43/\$53
7766	7/9-7/30	Su, 9:30-10:15am	4	East	\$43/\$53
7767	7/10-7/31	M, 4:15-5pm	4	East	\$43/\$53
7765	7/11-8/1	Tu, 4:15-5pm	4	East	\$43/\$53
7768	7/12-8/2	W, 4:15-5pm	4	North	\$43/\$53
7769	7/13-8/3	Th, 4:15-5pm	4	East	\$43/\$53

Mighty Gonzos (Ages 8-10)

Session 1

7563	6/3-6/24	Sa, 10:15-11:15am	4	North	\$50/\$63
7557	6/4-6/25	Su, 10:15-11:15am	4	East	\$50/\$63
7558	6/5-6/26	M, 5-6pm	4	East	\$50/\$63
7556	6/6-6/27	Tu, 5-6pm	4	East	\$50/\$63
7559	6/7-6/28	W, 5-6pm	4	North	\$50/\$63
7560	6/8-6/29	Th, 5-6pm	4	East	\$50/\$63

Session 2

7758	7/8-7/29	Sa, 10:15-11:15am	4	North	\$50/\$63
7754	7/9-7/30	Su, 10:15-11:15am	4	East	\$50/\$63
7755	7/10-7/31	M, 5-6pm	4	East	\$50/\$63
7753	7/11-8/1	Tu, 5-6pm	4	East	\$50/\$63
7756	7/12-8/2	W, 5-6pm	4	North	\$50/\$63
7757	7/13-8/3	Th, 5-6pm	4	East	\$50/\$63



Don't miss Gonzo Summer Clinics listed in the Camp Guide and in this issue on page 17.

Boulder SMASH/Team Gonzo Tennis

(Ages 8-17) Building your game while building a team. Be a part of a great team representing the City of Boulder & Gonzo Tennis. Coached by Gonzo and his staff!

Tennis Team - Summer Competition

(Ages 8-17) During the summer competition season this is a two day per week commitment with one day of practice and one morning of match play. At the end of the season CARA and USTA both hold state tournaments for the participants.

USTA

6932	5/30-8/1	Tu, 1-3pm	Centennial M.S.	\$280/\$350
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CARA

6933	6/1-8/3	Th, 1-3pm	Centennial M.S.	\$220/\$275
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Both USTA & CARA

6934	5/30-8/3	Tu/Th, 1-3pm	Centennial M.S.	\$407/\$509
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More information at GonzoTennis.com

Valmont Bike Park



Our summer programs offer authentic outdoor adventure camps and clinics to explore Valmont Bike Park, see our camp listings in this guide, pg. 17.

Valmont Bike Park

Valmont Bike Park is a 42-acre, natural surface cycling terrain park offering diverse amenities for several riding styles and abilities. The park is FREE and open daily from dawn to dusk.

You can stay up-to-date on park closures and trail conditions on the Valmont Bike Park website at ValmontBikePark.org or the Facebook page at facebook.com/ValmontBikePark

Check out the “know before you go” video for Valmont Bike Park at Valmontbikepark.com. This short video is a general overview of what you need to know about the park before you go, including how the park is set up, amenities, rules, contact information and safety tips.

Picnic Reservations at VBP

Four picnic areas are available for rent at Valmont Bike Park: The two uncovered picnic areas in The Glades area, and the Park Plaza, along with the two covered shelter areas in The Glades Shelter and the Park Plaza Area Shelter. Reservation Fees: \$100-\$150 for up to 3 hours including set up and clean up time. For more information on rentals contact valmontbikepark@bouldercolorado.gov

Volunteer at VBP

Support your favorite Bike Park by helping parks staff with some of these needed tasks.

- Maintain flower beds in landscaped areas
- Weed Management
- Trail and Park improvements

Schedule your group with Volunteer Services at 303-413-7245

For special events, programs, rentals, general information or questions regarding Valmont Bike Park e-mail, valmontbikepark@bouldercolorado.gov.

Biking Programs at Valmont Bike Park

Avid4 Adventure

Through school programs, summer camps and special events, Avid4 Adventure has served over 100,000 children in the Front Range and Bay Area, California with incredible staff, the best equipment, un-paralleled customer service, and a safety record that is superior to industry standards. Look for our after school programs in the fall recreation guide.

Questions: Avid4 Adventure, vbp@avid4.com or call 800-977-9873

Bike Skills Camp at Valmont Bike Park

*	5/30-8/18	M-F, 9am-3pm	5	\$409 per/wk
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See page 17 for details. Register online at Avid4.com.

Clinics with Lee McCormack (leelikesbikes.com)

Lee is widely considered one of the world's top bicycle skills instructors. His Lee Likes Bikes teaching method helps all sorts of riders ride better, safer and faster. A passionate rider, journalist and instructor, Lee wrote and illustrated the books *Mastering Mountain Bike Skills*, *Pro BMX Skills* and *Teaching Mountain Bike Skills*. As the skills development director for the National Interscholastic Cycling Association, Lee creates and teaches the curricula used to train high school mountain bike coaches and their riders.

Private & Semi-Private Clinics with Lee McCormack

(Age 18+) Working with a Lee Likes Bikes instructor by yourself or with a small group is the ultimate way to become a safer, more confident, faster and more capable rider.

Public Mountain Biking Clinics with Lee Likes Bikes

(Age 18+) Level 1 and Level 2 public classes are the most proven and cost-effective way for adults to become safer, smoother and faster riders. Improve your riding in just a couple hours!

More details, dates and registration for clinics with Lee Likes Bikes can be found online at leelikesbikes.com.

Policies & Information

Recreation Center Closures

5/29	North open 1:30-6:30pm East & South closed for Memorial Day.
7/4	East open 8 a.m. to 1:30 p.m. North & South closed for 4th of July.
8/12-8/20	North Closed for annual maintenance (pool area closed through Sept./early Oct.)
8/21-8/27	East Closed for annual maintenance
9/10	Scott Carpenter Pool closes for the season
9/17	Spruce Pool closes for the season

Lock Policy

Patrons are urged to bring a lock to secure valuables. The city of Boulder is NOT responsible for lost or stolen property. Lockers are available for day use only.

Punch Pass Terms & Benefits

Includes open swim and gym, drop-in fitness/yoga, weight rooms, outdoor pools and reservoir entries. Punch Passes expire two years after purchase date.

Class Visitor Pass

This pass allows you to drop into a registered class, if space is available. Cards can be purchased at centers and are valid for six months from date of purchase for the following programs: Adult Dance, Yoga, Pilates Mat and Swiss Ball.

\$70 for 5 classes

Why Register Now?

Why wait – when you can lead the way? TODAY is the best day to register for the classes you want.

Why? Because under-enrolled classes get cancelled and might be dropped entirely to make space for more popular programs. Registering early is the best way to prevent your favorite class from cancellation.

This year, we'll be increasing our adherence to minimum enrollment standards to enhance our efficient use of staff, space and funding.

Under-enrolled classes will be cancelled prior to the first session.

Thanks for registering today!

Class Size

Limits have been placed on the size of some classes to assure quality instruction. Registration is first come, first served. Register early to ensure a place in the classes you want. Class enrollments are reviewed 3-5 days prior to the first class and those with insufficient enrollment will be cancelled. Registration must be made prior to participation in any Parks and Recreation program or activity.

Group Discount Program

Discounted rates are available for businesses and organizations with five or more employees.

For information call Christy Munoz at 303-413-7259 or visit BoulderParks-Rec.org

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.

In an Emergency - What's Our Plan?

The city of Boulder Parks and Recreation Department operates many programs and facilities for the Boulder community. We know that under rare circumstances, extreme weather or other situations have the potential to impact our operations, facilities and patrons. In an emergency, staff will follow plans and procedures designed to ensure the safety of participants. A plan has been tailored to each specific site and facility we manage. In the event of an emergency requiring the relocation of participants, program leaders will communicate their actions and evacuation location (once practical) to department communication staff. This information will be uploaded to the city's Website (www.bouldercolorado.gov) and be added to the city's emergency information phone line at 303-441-4300 as soon as possible. If you have any questions about the Department's emergency plans, please call 303-413-7200.

Access for All

Boulder Parks and Recreation is committed to supporting and complying with the Americans with Disabilities Act. If you require a special accommodation, please notify us at least two weeks in advance of an activity or class. For more information, contact Sherri Brown at 303-441-4933.

We welcome all residents regardless of race, color, disability, national origin, gender, age, sexual orientation or religion to enjoy our programs, services and facilities.

Children Under 12

For your child's safety and well-being, the city of Boulder Parks and Recreation Department requests that children under 12 years of age not be left unsupervised at any recreation facility, or outdoor pool. It is acceptable to leave children participating in organized classes or programs, as they are under the care of an adult program leader or instructor.

Photographs & Model Release

By entering Boulder Parks and Recreation facilities or participating in our programs, you agree that photographs, digital images or video of you and your family-members may be created and used for future promotional or marketing material by the City of Boulder without prior consent or monetary compensation.

Photography/videography of facility users or program participants by unauthorized individuals is prohibited. Thank you for your cooperation.

Acknowledgment of Risk / Waiver of Liability

As a condition of use of any City of Boulder Parks and Recreation facility or participation in any program, sports league, class, recreation or fitness activity, you agree as a participant or parent/guardian of a participant in the program, to assume all risks and hazards of engaging in or spectating at any city activity or facility, including assuming all risks for personal injury, death and property damage.

You further agree to hold harmless the City of Boulder, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur in any way as a result of these activities or facility uses – regardless of cause.

You further certify that you are properly prepared to engage in any activities you have selected and that you have recently consulted a physician to establish that it is safe and appropriate for you to engage in these activities.

Participants (or the parents/guardians of minor children) may also be required to complete a medical health history and/or sign an additional waiver of liability prior to participation in any programs or classes. Anyone recovering from an injury or illness must first discuss their return to physical activity with their physician and Parks and Recreation instructor prior to enrolling/participating.

Therefore, having read and understood this waiver and in consideration of your accepting my entry into a City of Boulder recreation facility or program, I, for myself and anyone entitled to act on my behalf, waive and release the City of Boulder, all staff, volunteers, sponsors, and representatives from all claims or liabilities of any kind arising out of my participation in (or as a spectator of) any program or use of any facility.

NOTE: If a facility user or program participant is under 18 years of age, you as a parent or legal guardian, agrees to the same terms, conditions and waiver of liability set forth in this agreement.

Registration

Transfer Policy

Fee

- Same day of registration \$0
- Before 2nd class date, if space is available \$5

Program Refund Policy

Fee

- | | |
|---|-----------|
| Courses | |
| • Before 2nd class | \$15 |
| • After 2nd class | No Refund |
| 1 Meeting Programs | |
| • One week prior to start date | No Refund |
| 2 Meeting Programs | |
| • Before 1st Meeting | \$15 |
| • After 1st Meeting | 50% |
| • After 2nd Meeting | No Refund |
| Camps | |
| • Monday two weeks prior to start of camp | No Refund |
| • More than two weeks prior to start date | \$15 |
| Leagues | |
| • Before league registration deadline | \$15 |
| • After league registration deadline | No Refund |

Important

- No registration accepted by instructor.
- \$25 will be charged for returned checks.
- Wait lists are taken for filled classes. We will call you if a spot opens.
- Payment is due at time of registration.

Pass Refund Policy

Fee

Annual Pass

- Cancellation Fee \$25

Monthly Annual Pass

- Payments stopped upon request, no prorated refunds

Punch Cards & Twilight Pass

- Cancellation Fee \$15

1. For pass and program withdrawals, customer will receive a refund of their prorated balance less a withdrawal fee.
2. In the event a patron or their dependent falls ill, becomes injured or does not possess necessary skills, inhibiting their ability to participate in or continue participation in a program or utilize a facility pass or punch card, a pro-rated refund may be given based upon the date of the refund request. Documentation (i.e. doctor's note) is requested for illnesses and injury claims.
3. In the event a patron requests a full refund due to level of service or other legitimate factors, they are asked to submit this request in writing citing their reason for a full refund.
4. If a refund is authorized, the appropriate amount will be refunded via the original form of payment. No exceptions.
5. For monthly billing option, see contract for refund policy.

Online Registration

It's quick, convenient and easy! 24/7 online registration requires new Active® account.

Update or create your family account information today!

- **Online registration begins at 8:30 a.m. Tuesday, May 2.**
- For registrations in which you have a discount or questions, please call the registration help line at 303-413-7270, Monday-Friday, 9 a.m.-5 p.m.
- For registrations that qualify for financial aid or to apply for financial aid, please call 303-413-7200, Monday-Friday, 8 a.m.-5 p.m.

For immediate registration confirmation and for popular classes, we recommend online registration. Kiosks and assistance are available at all facilities.



ONLINE REGISTRATION

BoulderParks-Rec.org

- ▶ Go to BoulderParks-Rec.org
- ▶ Click on "Register Online"
Need help? See our FAQ's online or call the registration help line at 303-413-7270, Monday-Friday, 9 a.m.-5 p.m.
- ▶ Search for desired class or enter class code.
- ▶ Payment must be completed at the time of registration.
- ▶ Confirmation receipts are emailed upon registration. Please make sure you have a current email on file.
- ▶ Thank you for using our NEW online registration system!

Staff Contacts

PARKS & RECREATION STAFF PHONE NUMBERS

ACCESS & INCLUSION (EXPAND)

Lori Goldman, Supervisor303-413-7256

COMMUNITY OUTREACH

Margo Josephs, Manager Community Partnerships & Outreach303-413-7200

Mary Malley
Volunteer Coordinator303-413-7245

Cassy Bohnet
Volunteer Coordinator303-441-4404

AQUATICS

Jason Stolz, Aquatics Supervisor303-441-3435

Chris Lawson,
Water Safety Coordinator303-413-7267

Phil Henry, Aquatics Maintenance...303-413-7478
Pool Operations303-413-7468

GYMNASTICS & CAMPS

Erynn Simone, Supervisor303-441-4137

HEALTH & WELLNESS

Kate Houlik,
Fitness & Personal Training.....303-413-7280

Summer Kennedy, Supervisor.....303-413-7264

SPORTS

Program Information303-441-3410

Molly Langerak303-413-7441

Matt Kamhi.....303-413-7477

Connor Bulger303-413-7465

Ward Davis303-413-7207

RECREATION CENTERS

Tim Duda, Supervisor, EBCC303-413-7463

Todd Calvin, Supervisor, SBRC.....303-441-3449

Megann Lohman, Supervisor, NBRC...303-413-7263

FLATIRONS GOLF COURSE

Tim Stevens, Director of Golf303-442-7851

BOULDER RESERVOIR

Stacy Cole, Manager.....303-441-3461

VALMONT CITY PARK

Skyler Beck, Manager303-413-7219

PARK OPERATIONS

Urban Forestry & Parks.....303-441-4406

YOUTH SERVICES INITIATIVE

Alexis Moreno, Supervisor.....303-413-7217

ADMINISTRATION

Yvette Bowden
Director.....303-413-7200

Alison Rhodes
Deputy Director303-413-7249

Dean Rummel
Programs & Partnerships Manager...303-441-4427

Bryan Beary
Recreation Manager, District Services...303-413-7273

Paul Bousquet
Marketing Manager303-413-7239

VOLUNTEER



Make a Difference in Your Community!

Volunteer opportunities:

- EXPAND
- Youth Services
- Child Care
- Sports (coaching)
- Special Events
- Parks
- Urban Resources
- Outdoor Projects

More information: BoulderParks-Rec.org

Help Make Boulder, Colorado a great place to PLAY!

The PLAY Boulder Foundation is a nonprofit organization that supports and advocates for parks and recreation programs and services in the Boulder area. We provide opportunities for individuals and organizations to donate to parks and recreation in Boulder, and give us all the wonderful experiences that make us glad to call Boulder our home. Your dollars go toward enhancing these programs, facilities and open spaces - and, in turn, help build a stronger community.

Visit us at www.playboulder.org, email us at info@playboulder.org or write us at PLAY Boulder, PO Box 20935, Boulder, CO 80308

Financial Assistance

Did you know we offer financial aid to assist community members who cannot otherwise participate due to financial limitations?

To find out more about our financial aid programs and how to qualify, please call 303-413-7200.



Columbia Pioneer Cemetery

Prior to 1870, Boulder residents buried their beloved on Lover's Hill. But many found it a bleak and desolate resting place. In December 1869, the Columbia Lodge #14 of the Ancient Free and Accepted Masons purchased a ten-acre parcel west of 9th Street between Pleasant Street and College Avenue for \$300 from member Marinus G. Smith. Several weeks later, in May 1870, Columbia "Pioneer" Cemetery's first resident, Anna Eggleston, was buried.

During the 1880s and 1890s, the cemetery grounds lacked proper maintenance. Early photos show cowboys herding cattle among the tombstones and a wire fence around the grounds. A June 1909 Daily Camera reported that Columbia Cemetery was "a disgrace to Boulder." In an effort to improve the cemetery's condition, a Park Cemetery Association (PCA) was formed in 1910 and just two years later, the Daily Camera noted it had been transformed "into a place of burial, which for beauty, will soon equal that of any in Colorado outside Denver."

In 1966, the PCA faced financial difficulties and the City of Boulder's Parks and Recreation Department accepted ownership of Columbia Cemetery. Columbia's gates were closed to vehicular traffic and the cemetery was landmarked by the city in 1977.

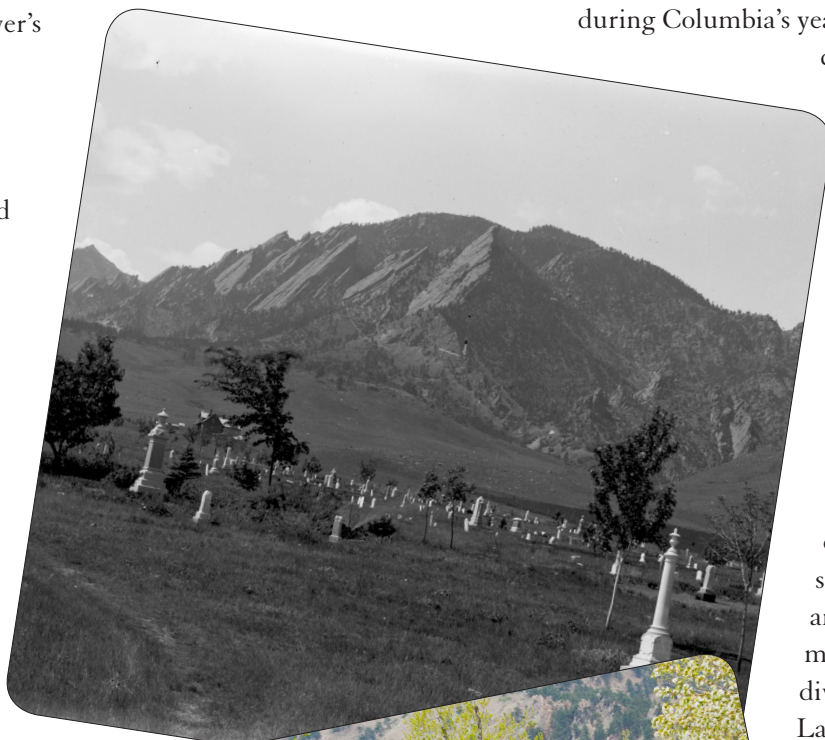
Despite the fact that no new plots have been sold since 1966, Columbia is still an active burial ground with up to five interments a year. While the remains of several notable pioneers

were moved to the newly opened Green Mountain Cemetery during Columbia's years of neglect, there are currently about 6,500

persons buried at Columbia. Among them are such noteworthy former Boulder residents and pioneers as "Rocky Mountain Joe" Sturtevant, Andrew Macky, Mary Rippon, Marinus Smith and Tom Horn. Grave markers of materials ranging from ornate marble and granite, simple sandstone tablets and homemade "folk markers" reflect the ethnic diversity of the community. Latino, African-American, Japanese, Swedish, French, Greek and German lives are all commemorated in Columbia.

Historic Boulder, Inc. and Boulder Parks and Recreation continue to provide interpretive, costumed programs each autumn to educate the community about Columbia's contribution to local history. Thanks to additional State

Historical Fund grants, ballot initiative revenues and the work of volunteers, ongoing restoration and conservation efforts ensure that future generations can learn from and enjoy the history interred at Boulder's Columbia Pioneer Cemetery.



presented by The Center for Transformative Movement

BANDSHELL BOOGIE



Get Ready to Dance

A summer-long weekly DJ'd dance gathering.

Mondays, 7:30-9 p.m. ■ June 12-26 & July 10-31
Central Park Bandshell, 1236 Canyon

Casual, kid-friendly atmosphere, and the dance floor is always a rockin' good time! Music is mixed by popular local DJs who craft transformational journeys with encompassing electronic music from many genres.



Bandshellboogie.com



Summer Concerts

Boulder Concert Band

BoulderParks-Rec.org



Celebrating 40 years!

Each summer Boulder Parks and Recreation Department partners with the Boulder Concert Band (BCB) to provide our community with outstanding performances of traditional and modern concert literature.

Bring a picnic dinner and enjoy a free concert in the park with your family! (Please no glass or alcohol)

Mondays, 7-8 p.m.

- June 26 ■ Scott Carpenter
- July 3 ■ Salberg
- July 10 ■ Chautauqua (lawn)
- July 17 ■ North Boulder Park
- July 24 ■ Civic Area (nature play/former labyrinth area)
- July 31 ■ Harlow Platts (Viele Lake)

CELEBRATING A MILESTONE YEAR

30TH ANNUAL BOULDER CREEK FESTIVAL




PRODUCED BY BOULDER CREEK EVENTS

MEMORIAL DAY WEEKEND MAY 27 - 29, 2017

UPDATED FESTIVAL LAYOUT | BIGGER BEER GARDEN | EXPANSION TO BOULDER HIGH SCHOOL

EXPAND DUCKS TAKING THE YEAR OFF As major construction continues at the Civic Area, the EXPAND Duck Race, which traditionally caps off the Boulder Creek Festival, will take the year off. During this hiatus, staff of this popular fundraiser for the EXPAND program (which provides recreation opportunities for members of the community living with disabilities) may conjure up alternative fundraising opportunities. We'll keep you posted!

WWW.BCEPRODUCTIONS.COM | INFO@BOULDERCREEKEVENTS.COM | [303] 449 - 3137








BOULDER SUMMERFEST

Educational Activities
for all ages!

Saturday, July 29 • 1 p.m. - 5 p.m.

Central Park & Glen Huntington Band Shell

1236 Canyon Blvd.

Family friendly festival connecting nature with learning, exploring and play!

For more information visit
Boulderlibrary.org/summerfest
or call 303-413-7222

Presented by the Boulder Public Library and Boulder Parks & Recreation



Camera
YOUR PAPER. YOUR NEWS.



Magic

by Erica Sodos

Family Concert

by Sonia de los Santos



Boulder Taiko drumming



BOULDER PUBLIC LIBRARY 2017 SUMMER READING PROGRAM



READ for prizes.
VISIT for activities.
Ages 0-18

For more information |
Para más información:

**boulderlibrary.org/
summer-reading**

303-441-3100



BOULDER
PUBLIC LIBRARY



Civic Area

Nature Play

Calling all Explorers!

June 5 - August 16 • Mondays & Wednesdays, 9 a.m. - 11 a.m.

Nature play promotes daily contact with our natural environment and outdoor space. The aim of nature play is to create a greater appreciation for, and awareness of, the natural environment.

Come celebrate summer and bring out the adventurer inside every child. You supply the supervision, we supply the fun! Meet in the former labyrinth area, just west of Boulder Main Library, on the south side of the creek. Pre-registration is not required (Free).

For more information call 720-376-1049
or visit boulderparks-rec.org > nature-play



You Belong Here!

Want to get fit while enjoying the flexibility and variety of daily drop-in programs? Let us meet your fitness level, schedule and budget with our conveniently located and scheduled programs.

Your recreation center annual pass, punch pass or daily entry fee gets you into any drop-in class and gives you full access to the facility's pools, ball courts, weight room, cardio fitness equipment and more!

Choose from over 100 different class times (schedules are available online to provide you with the latest information).

All drop-in classes are free with daily recreation center entry. (use your pass or \$7.50 fee).

**BOULDER'S BEST
FITNESS VALUE!**

Drop-In Fitness Classes

Barre
HIIT - High Intensity Interval Training
Tabata Lift
Carve
Total Body Fitness
Fitness for Life
Tabata Core
Bootcamp
TRX®
Pure Step
Sports Conditioning
The Ride!
Barbell Circuit
SilverSneakers CardioFit®

**Also enjoy Drop-in Basketball,
Volleyball, Pickleball & Badminton**

Aquatic Fitness Classes

Water Fitness 55+
Aqua Motion
Pre/Post-Natal Aquatic Fitness
Twinges N' Hinges
Aqua Fit

Drop-In Mind/Body Classes

Nia, Zumba®, Ayre & Soul Sweat™
Pilates Mat
Pilates/Yoga Combo
Restorative Yoga & Pranayama
Yin Yoga
Yoga
Yoga & Meditation
SilverSneakers Yoga®

Recreation Centers

Entry Passes (pg. 39)

Guide yourself to feeling and looking your best. Gain access to the latest strengthening, weight and cardio equipment, drop-in classes, pools and more. No contracts or initiation fees.

Swimming (pg. 20-24)

Burn calories and enjoy the full-body benefits of aquatic fitness. Our centers feature a multi-lane, indoor lap pool and hot tub. North and east centers also feature leisure pools. Plus, in the summer, enjoy two outdoor pools and the Boulder Reservoir!

Cardio & Weight Rooms (pg. 36-39)

Attain the strength, flexibility and cardio fitness you desire. Each center features the latest equipment for designing your ultimate workout.

Summer Online Registration begins 8:30 a.m.
Tuesday, May 2 • BoulderParks-Rec.org

Splash Pass

**Unlimited entry during the summer season to
two outdoor pools & the Boulder Reservoir**

Summer Pass Fees

Adult \$139(R) / \$174(N)
Youth \$88(R) / \$110(N)
Senior \$99(R) / \$109(N)
Family \$289(R) / \$326(N)

Daily Entry Fees

Adult \$7
Youth \$4
Senior \$5

Valid at the following locations:

- Scott Carpenter Pool May 27
1505 30th St., 303-441-3427
- Spruce Pool May 27
2102 Spruce, 303-441-3426
- Boulder Reservoir May 29
5565 N. 51st St., 303-441-3461

Opening Dates:

Family Nights!

Saturdays, 3-5 p.m. at Scott Carpenter Pool

- July 8 Log Rolling
- July 29 NASA Birthday Party & Scott Carpenter Celebration

Thursdays, 4-6 p.m. at Spruce Pool

- June 22 Spruce Pirates Day
- August 14 Splish Splash Bash



**Family
Night Fun**

BoulderAquatics.com